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BREAKFAST,  
DINNER, AND TEA:

VIEWED

Classically, Poetically, and Practically.

CONTAINING NUMEROUS CURIOUS DISHES AND FEASTS OF ALL TIMES  
AND ALL COUNTRIES.

BESIDES THREE HUNDRED MODERN RECEIPTS.

Cookery is an art  
Still changing, and of momentary triumph.  
Know on *thyself* thy genius must depend.  
All books of cookery, all helps of art  
Are vain, if void of genius thou wouldst cook.

ATHENÆUS.

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## P R E F A C E .

DR. JOHNSON says of Mrs. Carter that she could both translate Epictetus, and make a pudding; and write a Greek poem as well as embroider a handkerchief. In our own day, there may be found many an active, orderly housekeeper, who is also an intelligent, well-informed, even accomplished woman. For the entertainment of this class of persons, the present work has been compiled. While it will be found of great practical utility, it aims to be rather more than a mere cook book; since it contains much curious and instructive matter in relation to the gastronomic habits and peculiarities of all times and all countries.

It must surely be a matter of interest, while preparing dishes to gratify the palates of the present generation, to notice what have pleased poets and philosophers, and races long past away, as well as to remark the great diversity of tastes, among the various nations now existing on the earth.

This work contains three hundred original receipts of a practical nature, suited to the every-day wants of an

American household. These receipts have been collected from experienced housekeepers, and may be relied upon. Partaking thus of both a classical and practical character, it will form a very appropriate and acceptable present to a young housekeeper.

As poets, though often a half-starved race, have yet like other mortals had their favorite dishes, it has sometimes happened, that warmed by the genial influences of a plentiful repast, they have made cookery and its accessories the theme for their muse. And since a good cook in preparing an entertainment for guests, first provides the substantial, solid food, with side-dishes to tickle the palate, and closes with the dessert which is to give a charm to the whole,—so we, to the solid facts vouched for by undoubted authority, have added some side-dishes of imaginary feasts, and embellished all with a *dessert* of rare and peculiar delights from the gardens of the Poets.

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PART I.  
BREAKFAST.

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## BREAKFAST.

When dressed, I to the yard repair,  
And breakfast on the pure, fresh air;  
But though this choice Castilian cheer  
Keep both the head and stomach clear,  
For reasons strong enough for me,  
I mend the meal with toast and tea."

WHEN the refined poet, Montgomery, thus admits the necessity of refreshing himself upon something more hearty than the pure, fresh air, it is not strange that beings of less poetic mould should find a substantial meal in the early morning a matter of essential importance. The hour for taking this first meal varies even among people of the same nation, as much as do their circumstances and tastes. The industrious, hardy farmer who rises before the sun, having performed his wonted tasks, sits down to his breakfast at five o'clock with a strong appetite. The enterprising citizen, not called forth quite as early by his business, yet still desirous of making each day as profitable as possible, breaks his fast at six or seven. The professional man whose hours of labour may have encroached on those devoted to sleep, rises later in the day; and eight, or it may be nine o'clock, will find him with weary head, and but little appetite, sipping his cup of coffee. Ten is considered an early hour by the fashionable lady; the lux-

urious nobleman of London is scarcely prepared for it by mid-day;—and the shadows of evening may begin to fall before his first meal is partaken of by the effeminate epicure of Paris.

Dr. Tobias Venner, of Shakspeare's time, in writing upon diet, recommends to students and persons of sedentary life that they *omit* breakfast entirely, and take but two meals in the day. But he says of those who use much exercise that they should not altogether go fasting till dinner, but break their fast, with this threefold caution—that they find their stomachs to be clean and empty,—that the breakfast be slender,—of meats of light digestion, and that it be taken four hours before dinner. He adds, “If any man desire a light, nourishing, and comfortable breakfast, I know none better than a couple of *poached eggs*, seasoned with a little sauce, and a few corns of pepper, eating therewithal a little *bread* and *butter*, and drinking after, a good draught of *claret wine*.” The doctor lived before the days of tea and coffee.

Isaac Walton pleasantly says: “My honest scholar, it is now past five of the clock; we will fish until nine, and then go to breakfast. Go you to yonder sycamore tree, and hide your bottle of drink under the hollow root of it; for about that time, and in that place, we will make a brave breakfast with a piece of *powdered beef*, and a *radish* or two, that I have in my fish-bag. We shall, I warrant you, make a good, honest, wholesome, hungry breakfast. \* \* \* Now let us say grace and fall to breakfast. What say you, scholar, to the providence of an old angler? Does not this meat taste well? and was not this place well chosen to eat it? for this sycamore tree will shade us from the sun's heat.” Scholar: “All excellent good, and my stomach excellent good too.”

But little mention is made of breakfast in ancient history; it being a simple meal, in striking contrast to the luxurious dinner. The Greeks ate but two meals; the first at mid-day, the second at evening. The first was generally composed of fruits and light

wines; the heat of the climate rendering more hearty food distasteful.

Our English ancestors in the 13th and 14th centuries had four meals in a day; breakfast at seven, dinner at ten, supper at four, and livery at eight or nine; soon after which they went to bed. The tradespeople and laboring men had only three meals: breakfast at eight, dinner at twelve, and supper at six.

As a specimen of the family breakfasts in Great Britain in the 16th century, we will give that of the Duke of Northumberland. "The family rose at six, and took breakfast at seven. My Lord and Lady sat down to a repast of two pieces of *salted fish*, and half a dozen of red *herrings*, with four fresh ones, or a dish of sprats and a quart of beer, and the same measure of wine. This was on meagre days. At other seasons, half a chine of mutton or of boiled beef, graced the board. Capons at 2d. a piece and plovers (at Christmas) were deemed too good for any digestion that was not carried on in a noble stomach."

"Queen Elizabeth's breakfast usually consisted of fine wheaten loaves and cakes, ale, beer and wine, pottage made with mutton or beef, chines of beef, (probably cold,)—rabbits and butter. In one of her *progresses* through the country, three oxen and one hundred and forty geese were furnished for the Sunday morning's breakfast for the maiden monarch and her brilliant retinue."

In Lord Fairfax's orders to the servants of his household, he says: "The clerk of the kitchen must appoynt the cooks what must be for breakfasts, for the ladyes in their chambers, and likewise for the gentlemen in the hall or parlour, which must be served by eight of the clock in the morning and not after."

Pepys, of Charles II.'s reign, having company to breakfast, mentions: "I had for them a barrel of oysters, a dish of neat's tongues, and a dish of anchovies; with wine of all sorts, and ale."

The poet Rogers, whose hospitality is proverbial, has the

credit of establishing the breakfast *party* as a link in London society. The "mornings" at his house are famous among the literati of England.

Miss Sedgwick writes of the English *breakfast party*, that the hour appointed is from ten to eleven o'clock. "The number of guests is never allowed to exceed twelve. The entertainment is little varied from our eight o'clock breakfasts. There are coffee, tea, chocolate, toast, rolls, grated beef and eggs, and in place of our solid beef-steaks,—broiled chickens, reindeers' tongues, sweetmeats, fruit and ices. These are not bad substitutes for heavier viands, and for our variety of hot cakes. You see none of these unless it be a 'muffin.'"

"Breakfast in England," says Willis, "is a confidential and unceremonious hour, and servants are generally dispensed with. The coffee and tea were on the table, with toast, muffins, oat-cakes, marmalade, jellies, fish; on the side-board stood cold meats for those who liked them, and they were expected to go to it and help themselves. Nothing could be more easy, unceremonious, and affable than the whole tone of the meal. One after another rose and fell into groups in the windows, or walked up and down the long room."

Mrs. H. B. Stowe in mentioning a breakfast at which she was a guest in England, relates some conversation with Mr. Macaulay upon breakfast *parties*. She says: "Looking around the table, and seeing how everybody seemed to be enjoying themselves, I said to Macaulay that these breakfast parties were a novelty to me; that we never had them in America, but that I thought them the most delightful form of social life. He seized upon the idea as he often does, and turned it playfully inside out, and shook it upon all sides, just as one might play with the lustres of a chandelier—to see them glitter. He expatiated on the merits of breakfast parties as compared with all other parties. He said, 'You invite a man to dinner because you *must* invite him; be-



cause you are acquainted with his grandfather, or it is proper you should; but you invite a man to breakfast because you want to see *him*. You may be sure if you are invited to breakfast, there is something agreeable about you.'—This idea struck me as very sensible; and we all, generally, having the fact before our eyes that *we* were invited to breakfast, approved the sentiment."

A very graceful practice at breakfast, and one especially agreeable in the heat of a summer morning, is thus described by Mrs. S. C. Hall as characteristic of Miss Edgeworth: "I thought myself particularly good to be up and about at half-past seven in the morning; but early as it was, Miss Edgeworth had preceded me, and a table heaped with early roses, upon which the dew was still moist, and a pair of gloves too small for any hands but hers, told who was the early florist. There was a rose or a little bouquet, of her arranging, always by each plate on the breakfast table, and if she saw my bouquet faded, she was sure to tap at my door with a fresh one before dinner. And this from Maria Edgeworth—then between seventy and eighty—to me! These small attentions enter the heart and remain there."

"A breakfast in Scotland consists chiefly of cold grouse, salmon, cold beef, marmalade, jellies, honey, five kinds of bread, oatmeal cakes, coffee, toast and tea."

Breakfast in America is peculiarly a family meal. At this, more than any other, there is an unrestrained enjoyment of the home circle. The breakfast *party* is almost unknown among us, being confined to a very limited circle of the fashionable class; not that we are less socially inclined than the English, but that the busy, active life of this new country forbids the devoting the early hours of the day to merely social enjoyment. It is usually a hearty meal, consisting of coffee, meats, fish, toast, a variety of hot cakes, and in the Southern States, hominy and rice, cooked in various ways, and several kinds of hot bread.

Southey alludes to the different preferences of various nations

in regard to food when he describes a man of universal taste, as one who would have eaten "sausages for *breakfast* at Norwich, sally luns at Bath, sweet butter in Cumberland, orange marmalade at Edinburgh, Findon haddocks at Aberdeen, and drunk punch with beef-steaks to oblige the French if they insisted upon obliging him with a *dejeuner à l'Anglaise*. He would have eaten squab-pie in Devonshire, sheep's-head with the hair on in Scotland, and potatoes roasted on the hearth in Ireland; frogs with the French, pickled herrings with the Dutch, sour-kROUT with the Germans; maccaroni with the Italians, aniseed with the Spaniards, garlie with anybody; horse-flesh with the Tartars; ass-flesh with the Persians; dogs with the North-Western Indians, curry with the Asiatic East Indians, birds' nests with the Chinese, mutton roasted with honey with the Turks, pismire cakes on the Orinoco, and turtle and venison with the Lord Mayor; and the turtle and venison he would have preferred to all the other dishes, because his taste, though catholic, was not indiscriminating."

## COFFEE.

“The morning finds the self-sequestered man  
Fresh for his task, intend what task he may ;  
Whether inclement seasons recommend  
His warm but simple home, where he enjoys  
With her who shares his pleasures and his heart,  
Sweet converse,—sipping calm the fragrant drink  
Which neatly she prepares ; then to his book  
Well chosen, and not sullenly perused  
In selfish silence, but imparted, oft  
As aught occurs that she may smile to hear  
Or turn to nourishment, digested well.”—COWPER.

“Mocha’s berry, from Arabia, pure,  
In small, fine, china cups, came in at last.”—BYRON.

COFFEE is an evergreen shrub, that grows to the height of sixteen or eighteen feet, the berries growing in clusters like cherries. About the time America was discovered, this plant was first known and used. It grew in Arabia and Ethiopia. It is said, that the superior of a monastery in the East, having heard from the shepherds, that their flocks were more lively after browsing upon this plant, determined to try its effects, and made his monks drink an infusion of coffee, to prevent their sleeping during the nocturnal services. That the experiment proved successful, may be inferred from the reputation which the plant soon obtained in the adjacent countries.

Coffee was not introduced into England until the middle of the seventeenth century. Sir Henry Blount, who visited Turkey in 1634, thus speaks of it: “The Turks have a drink called *Cauphe*, made of a berry as big as a small bean, dried in a furnace, and beat to a powder of a sooty color, in taste a little bitterish, that they seethe and drink hot as may be endured ; it is good at all hours of the day, but especially morning and evening, when

to that purpose, they entertain themselves two or three hours in *Cauphe*-houses, which, in Turkey, abound more than inns and ale-houses with us. It is thought to be the *old black broth* used so much by the Lacedemonians. It drieth ill-humors in the stomach, comforteth the brain, never causeth drunkenness, nor any other surfeits, and is a harmless entertainment of good fellowship."

An English merchant, trading in Turkey, in 1652, brought home with him to England a Greek servant, who knew how to roast the coffee and make it, and opened a house to sell it publicly. In spite of the many prejudices which prevailed for the first twenty years after its introduction, the coffee-houses increased, and became universally established. They were the common assemblies of all classes of society. The mercantile man, the man of letters, and the man of fashion, had their appropriate coffee-houses.

In 1668, a Turkish ambassador at Paris made the beverage of coffee fashionable. The elegance of the equipage, recommended it to the eye, and charmed the women; the brilliant porcelain cups in which it was poured, the napkins fringed with gold, and the Turkish slaves, on their knees presenting it to the ladies seated on the ground on cushions, turned the heads of the Parisian dames.

This elegant introduction, made the exotic beverage a subject of conversation, and in 1672, an American in Paris opened a coffee-house. His example was quickly followed, beer and wine being also sold at these places.

The mixture of indifferent company which frequented these coffee-houses, led a Florentine, noted for his taste in this department, to organize a superior establishment, and to introduce ices; he embellished his apartments; and here literary men, artists, and wits, resorted to inhale the fresh and fragrant steam. This and other coffee-houses held a distinguished place in the literary history of the times.

The high favor with which coffee came at length to be re-

garded in the houses of the great, may be perceived from the fact that the quantity provided for the daughters of Louis XV. of France, is said to have cost £3,000 sterling a year.

Pope was extremely fond of coffee, often calling up his servant in the night to prepare it for him. It was the custom in his day, to grind and prepare it upon the table, of which practice he gives the following glowing description:—

“For lo! the board with cup and spoons is crowned,  
 The berries crackle, and the mill turns round;  
 On shining altars of Japan they raise  
 The silver lamp; the fiery spirits blaze.  
 From silver spouts the grateful liquors glide,  
 While China’s earth receives the smoking tide.  
 At once they gratify their sense and taste,  
 And frequent cups prolong the rich repast.  
 Straight hover round the fair her airy band;  
 Some, as she sipped, the fuming liquor fanned;  
 Some o’er her lap their careful plumes display’d,  
 Trembling, and conscious of her rich brocade.  
 Coffee (which makes the politician wise,  
 And see through all things with his half-shut eyes)  
 Sent up in vapors to the baron’s brain  
 New stratagems the radiant lock to gain.”

The *leaf* of the coffee-tree is used in the Eastern Archipelago, as a substitute for tea; the leaves are roasted over a clear smokeless fire, after which they are picked from the twigs, and when immersed in boiling water, form an agreeable beverage.

There are many substitutes for coffee—the roasted acorn, the roasted seeds of a yellow water iris, the chick pea, beans, rye and other grains, nuts, almonds, and even wheaten bread; besides the dried and roasted roots of the turnip, carrot and dandelion.

To detect *Chicory* in coffee, put the powder in cold water; chicory gives a colored infusion in the cold water, whereas coffee does not, and by the depth of the color, the proportion of chicory may be guessed at.

The chicory root is taken up before the plant shoots into flower; is washed, sliced, and dried; it is then roasted till it is of a chocolate color. Two pounds of lard are roasted with each hundred weight. When ground and exposed to the air, it becomes moist and clammy, and acquires a distinct smell of liquorice. It possesses in no degree the pleasant aroma which recommends the genuine roasted coffee. When infused, even in cold water, it imparts to it a dark color and a sweetish bitter taste. The bitter substance is not, however, considered unwholesome.

In some parts of Germany, the women are becoming regular chicory-topers, and are making of it an important part of their daily sustenance.

As the coffee-dealer adulterates his coffee with chicory, so the chicory-dealer adulterates his chicory with Venetian Red.

There are *three kinds* of coffee for sale: The Arabian, or *Mocha*, which is the best. It has a small yellow bean. The Java and East Indian, the second in quality, has a larger bean, and is of a paler yellow color than the Mocha. The West Indian Rio has a bluish or greenish tint.

*The Preparation of Coffee.*—Previous to *roasting* the coffee wash the grains, and dry them on a pan, placed near the fire, or in a cool oven. While roasting, stir them constantly that all may be equally brown. Some persons think the aroma more agreeable, when the heat is not greater than is sufficient to impart a light brown color to the bean. Others prefer the coffee roasted to a dark brown, but carefully avoid burning it. In order to prevent the blunders of servants in roasting coffee, many housekeepers buy it already scorched and ground, as it is now so generally prepared by dealers in coffee.

In making this beverage it is a good rule to allow *one large table-spoonful* of the ground coffee for each person, and “one for the pot;” stir an egg with the dry coffee, and pour on boiling-

water, allowing three pints of water to seven spoonfuls of coffee. Let it boil gently ten or fifteen minutes; then set it where it will keep hot, (but not simmer,) that it may settle.

M. Soyer's mode of making coffee, is an original one, and one worthy of note. He puts the *dry* coffee in the pot, stirs it while heating, then pours the boiling water over it, which is a *quart* to one *ounce of coffee*, and sets the pot where it will keep hot, but not boil. It stands ten minutes, when it is ready for drinking.

Where *cream* cannot be had, boiled milk serves well as a substitute, in making a good cup of coffee.

*Café au lait* is made by nearly filling a cup with boiled milk, sweetening to the taste, and flavoring with coffee.

The following receipt by M. Roques, makes a delightful beverage for breakfast, during the heat of the summer:

*Café à la Crème frappé de glace*.—Make an infusion of strong Mocha coffee, put it in a china bowl, sweeten it agreeably to your taste, and add to it an equal quantity of boiled milk, or a third of rich cream; surround the bowl with broken ice, and let it stand till icy cold.

In Germany and France, the coffee is prepared at the table by the ladies, by pouring boiling water over it, and letting it drain a few minutes in a machine for the purpose; care being taken to drain it slowly through a sieve and tissue paper.

*Dandelion Coffee*.—This coffee is of excellent flavor, and without any of the deleterious effects of the Arabian berry. When drank at night, it produces an inclination to sleep, the plant being of a soporific nature. To prepare it for drinking, wash the roots carefully, without removing the brown skin, since that contributes much to the aroma which so strongly resembles coffee. Cut the roots into small pieces, and roast them brown and crisp. Grind and prepare it as you would coffee, boiling it a few minutes.

## COCOA.

WHEN the Spaniards first established themselves in Mexico, they found a beverage in common use among the inhabitants, which was prepared from the seed of the cacao. They brought the seed to Europe in 1520, and it has since been introduced more or less extensively into every civilized country. Linnæus was so fond of it, that he gave to the tree, the generic name of "Theobroma"—food of the gods.

There is also the Brazilian cocoa; and in South Carolina, a kind of oily under-ground pea is roasted, and then prepared in the same way as chocolate. In Spain the root of the earth chestnut is used as a substitute for coffee or chocolate. (Chemistry of Common Life.)

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## CHOCOLATE.

In preparing Chocolate for family use, cut off about two inches of the cake to one quart of water; stir it first in a little cold water, till it is soft, then pour on the boiling water. After it has boiled a short time, add a pint of milk, boil up and serve. Sweeten to taste.

The French rule for making chocolate, is to put two cups of boiling water to one cup of chocolate; cook it in a silver saucepan, throw the chocolate in just as the water commences to boil; let it reduce a part, pour it into the cups and serve. It is well to stir it with a spoon when it commences to boil. To make it



very good, add two cups of good milk after it has boiled, boil then again until reduced somewhat, and then serve.

A German receipt for preparing chocolate is as follows : To half a pound of chocolate, allow two quarts of milk and the yolks of six eggs. The chocolate is to be grated, and when the milk boils, poured into it ; boil them together for ten minutes, then stir in the yolks of the eggs, and dish it.—VOLLMER.

An Italian poet of the seventeenth century, Francisco Redi, while warmly extolling the virtues of *wine*, thus expresses his disgust at other beverages :—

“Talk of chocolate!  
 Talk of tea!  
 Medicines made—ye gods!—as they are,  
 Are no medicines made for me.  
 I would sooner take to poison  
 Than a single cup set eyes on  
 Of that bitter and guilty stuff ye  
 Talk of by the name of coffee.  
 Let the Arabs and the Turks  
 Count it ’mongst their cruel works ;  
 Foe of mankind, black and turbid,  
 Let the throats of slaves absorb it ;  
 Down in Tartarus,  
 Down in Erebus ;  
 ’Twas the detestable Fifty invented it ;  
 The Furies then took it  
 To grind and to cook it,  
 And to Proserpine all three presented it.  
 If the Mussulman in Asia  
 Doats on a beverage so unseemly,  
 I differ with the man extremely.”

## BREAD.

At an inn in Sweden, there is the following inscription on the wall, in English: "You will find at Trollhathe, excellent bread, meat, and wine, *provided you bring them with you.*"

*To make the Yeast.*—Take one pint of potato water (that is, the water in which potatoes have just been boiled), while it is *boiling hot*, thicken it with flour, and when nearly cool, add a cup of yeast or a softened yeast cake; set the dish containing it in a warm place, and it will be nice and light in a few hours.

*The Sponge.*—If you wish to make sponge over night, keep your tea-kettle over the fire until bed-time. Then pour from it into the bread-pan, three quarts of milk-warm water; throw in one table-spoonful of salt, and stir in the above prepared yeast. In very warm weather, do not use all the yeast, for the bread will not be as good. Thicken with flour until it is a soft batter. If the weather be cool, set the pan containing the sponge in a warm place, covering it neatly with a cloth kept for that purpose. In the morning, if the sponge be sour, dissolve a heaping tea-spoonful of saleratus, in a little water, and stir it in; and if it still seems sour, add more according to your judgment. Work in flour, and *knead the dough thoroughly*, making small loaves. The pans should be well buttered and warmed when used. Place the loaves in a *warm place*, and keep them covered with a warmed white cloth. If properly attended to, the bread will be light in an hour, and ready for the oven, which should be thoroughly heated. Be careful that the top of the bread do not scorch and brown too soon, for this will prevent its rising up light, which it would otherwise do.

Mrs. Partington says, "she has always noticed that whether flour be dear or cheap, she has invariably to pay the same money for a half dollar's worth."

*How to make Yeast Cakes.*—Take a tea-spoonful of hops, and pour over them a pint of boiling water; let it stand a few minutes, then strain the water into a saucepan; heat it boiling hot, and stir in flour, to make a stiff batter; take it off and set it away to cool; when merely lukewarm, pour into it a tea-cup of good yeast, or a yeast cake softened in water. Set it in a warm place to rise, in two or three hours it will be light; when add a tea-spoon of salt, two table-spoons of molasses or sugar, and a little saleratus.

Then mix in Indian meal to make it stiff enough to roll out in a round long roll. Cut it in slices about half an inch thick, spread meal over your board, and lay these cakes to dry. Turn them frequently while drying, and if possible get them dried in two or three days, or they may become sour. They do well to dry in the air but not in the sun. Put them away in a dry place, and when you use one, soak it in milk-warm water.

"When the Gallic and Celtiberian brewers steeped their wheat in water, and mashed it for their drink, they took the froth that collected on the top, and used it instead of leaven, which was the reason that their bread was always lighter than any other."—(Pliny.)

*To make Stale Bread fresh.*—Put a stale loaf into a closely covered tin, expose it for half an hour, or longer, to a heat not greater than that of boiling water; then remove the tin, and allow it to cool; the loaf will thus be restored to the appearance and properties of new bread.

"No sooner said than done."

Wheat meal is more nutritious if the bran be not sifted from it, and it is much easier of digestion.

Barley and rye differ in flavor and color from wheat, but they resemble it in composition and nutritive quality. They do not, however, make as light bread. Rye bread retains its freshness and moisture for a longer time than wheaten bread.

*Steamed Bread.*—Much less fuel is required in cooking bread by steaming, than in the usual mode of baking. It may therefore be an object with some persons to know how it is done, especially if their oven obstinately refuses to bake. It is a very simple thing. If you have no regular steamer, put a deep tin basin upside down, in the bottom of an iron kettle, partly filled with water, and upon this set the basin of dough, covering the kettle tightly. It is necessary your bread be in a *deep* tin basin, for it rises very much, and will otherwise be wasted by running over.

*Rye and Indian Bread.*—To two quarts of Indian meal, add one quart of unbolted rye flour, half a tea-cup of molasses, one table-spoon of salt, and saleratus. Mix with warm water into a soft dough; grease an iron kettle or basin and put the mixture in; when it is light, the top will be cracked open. It rises in a short time if kept in a warm place, and when these cracks appear put it in the oven and bake it thoroughly. If you use a brick oven, (which is best for this bread,) leave it in all night.

“Always taking *out* of a meal-tub, and never *putting in*, soon brings you to the bottom.”

*Indian Bread.*—One quart of sour milk, four tea-cups of Indian meal, two tea-cups of rye or Graham flour, one tea-spoon of salt, half a cup of molasses; two tea-spoons saleratus dissolved in the milk, before adding to the whole. Bake two and a half hours in

a two-quart basin in a moderate oven. After it is baked, let it stand half an hour in the tin, before removing.

*Rhode Island Corn Bread.*—Scald some milk, and stir Indian meal into it, until it is thick. Salt it, and add a little molasses, according to your taste. Have your oven hot; put the mixture in a deep baking dish, and let it remain in the oven all night.

*Potato Bread.*—Pare and boil some potatoes; when soft, mash them in the water in which they have been boiled; sift all through a colander, and when cool; add flour enough to make a sponge; salt it, and put in yeast. Keep this sponge in a warm place till it is light, then mix more flour into it, and make it into loaves. Potato bread is good, and does not dry as quickly as that made entirely of wheat flour; potato is not suitable for making bread unless wheat flour is combined with it.

*Rice Bread.*—(*Southern Receipt.*)—One pint of rice flour, half a pint of wheat flour, one pint of sour milk, two eggs, one teaspoon of saleratus, butter half the size of an egg. The rice must be powdered fine, and stirred in, after the other ingredients are partly mixed. Bake as soon as possible after the whole is stirred together.

In France, bread is sometimes made of *apples mixed with flour*. They put one-third of boiled apple-pulp to two-thirds of wheat flour, and ferment it with yeast for twelve hours. This bread is said to be light and very palatable.

“About the tenth century, persons accused of robbery were put to trial by a piece of barley bread, on which the mass had been said; and if they could not swallow it, they were declared guilty. Sometimes a slice of cheese was added to the bread. The

bread was to be of unleavened barley, and the cheese made of Ewe's milk in the month of May."—D'ISRAELI.

"Oatmeal is extremely nutritious, excellent for dyspeptics, and withal is the cheapest meal. It is highly esteemed in Scotland, as an agreeable and wholesome food. It is rich in gluten and in the fatty matters, which tend to make it eminently nutritious. The "*Flat Bread*" of the Norwegians, is a cake made of water and either rye or oatmeal stirred together, well kneaded and baked on a griddle.

"Better is oaten bread *to-day*, than cakes *to-morrow*."

A soldier once ventured, in the presence of the whole army, to present with an air of complaint, to Charles XII. of Sweden, a piece of bread that was black and mouldy, made of barley and oats, which was the only food they then had, and of which they had not even a sufficiency. The king received the bread, and without the least emotion ate every morsel of it; then coolly said to the soldier, "It is not good, but it may be eaten!"

*The Bread Fruit Tree*.—This fruit is picked while the rind is green, and as it is seldom relished raw, it is then peeled, wrapped in leaves, and baked on hot stones. The pith is snow-white and mealy; it tastes like wheaten bread, sometimes rather sweeter.

An ancient custom is still preserved in Russia, at the time of the coronation of an emperor, for each province to send to him bread and salt as a token of welcome. But the loaf is carried "upon a massive salver of gold and silver, of the rarest workmanship, and the salt in a box or cup of the same material, studded with jewels. These coronation gifts received by Alexander, Nicholas, and the present Emperor, are kept in one hall, and

make a grand display. The salvers presented to the two former Emperors rise in dazzling pyramids from the floor nearly to the ceiling, but they are far outshone by those of Alexander II., who received just as much as his father and uncle together. If the wealth lavished upon these offerings is an index to the popular feeling, it is a happy omen for his reign. The taste, richness and variety of the ornaments, bestowed upon the mighty golden salvers exceeds anything of the kind I ever saw. Their value can only be estimated by millions. It is significant, perhaps, that the largest and most superb, which occupies the place of honor, in the center of the glorious pile, is the offering of the serfs of the Imperial domains."

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## BREAKFAST CAKES.

"But I ate naught

Till I that lovely child of Ceres saw,

A large, sweet, round, and yellow cake; how then

Could I from such a dish, my friends, abstain?"

*Breakfast Corn Cake; excellent and easily made.*—One pint of buttermilk or sour milk, one pint of Indian meal, one egg, one tea-spoon of saleratus, one tea-spoon of salt, two tea-spoons of molasses or sugar. Dissolve the saleratus in a little warm water, and stir it in the mixture the last thing before putting it into the pan to bake. With a quick oven, it bakes in half an hour.

*Excellent Corn Bread.*—Three quarts of sour milk, seven eggs, one cup of butter melted, one tea-spoon of saleratus. Mix with corn meal to the consistency of a thick batter, and bake with a brisk heat.

*Corn Cakes.*—Three tea-cups of corn meal, one tea-cup of wheat flour, two tea-cups of milk, one tea-cup of cream or a little butter; one egg, one tea-spoon of salt. Bake in small pans with a brisk heat.

*Pancake Bell.*—It was a custom in England, from time immemorial, to eat pancakes on Shrove Tuesday, which is the seventh Tuesday before Easter. The great bell, which used to be rung on that day to call the people together to confess their sins, was called *pancake-bell*, a name which it still retains in some places where the custom is kept up. This custom is alluded to by Shakspeare, and other contemporary writers. Taylor, in his works in 1630, gives the following account:—

“All is inquiet upon Shrove Tuesday morning. By the time the clock strikes eleven, there is a bell rung called the *pancake-bell*, the sound whereof makes thousands of people distracted, and forgetful either of manners or humanities; then there is a thing called wheaten floure, which the cookes do mingle with water, egges, spice, and other tragical, magical inchantments; and then they put it by little and little, into a frying-pan of boiling suet, where it makes a confused dismal hissing, (like the Lernean snakes in the reeds of Acheron, Stix, or Phlegeton,) until at last by the skill of the cooke, it is transformed into the form of a flip-jack cal'd a pancake, which ominous incantation the ignorant people doe devour very greedily.”

*Rhode Island Pancakes.*—To one pint of Indian meal, add one pint of rye flour, two table-spoons of molasses, one tea-spoon of saleratus, one tea-spoon of salt, three eggs well beaten. Stir with these ingredients sufficient new milk to make a stiff batter, and fry it ten minutes in lard, as you would dough-nuts.

Another rule is nearly as good when milk and eggs are scarce. Mix well one quart of Indian meal, one quart of rye flour, two



large table-spoons of melted shortening, or butter; five table-spoons of molasses, one table-spoon of salt, one small tea-spoon of saleratus, one quart of water. Fry it as above.

*Sour Milk Griddle Cakes.*—To one quart of thick sour milk, stir in wheat flour until it is quite stiff; add a little salt. When the griddle is hot, dissolve one tea-spoon of saleratus in a little water, stir it in quickly, and bake.

*Waffles.*—The above rule makes good waffles.

*Rice or Hominy Griddle Cakes.*—To one quart of sweet milk, put two cups of boiled rice or hominy, two eggs beaten a little; throw in a sprinkling of salt, and thicken with wheat flour. Half a tea-spoon of soda, dissolved. If the rice be cold, warm the milk and rub the rice into it, before putting the flour in.

*Indian Pancakes.*—One quart of milk, one egg, one tea-spoon of saleratus. Stir in half Indian meal and half wheat flour, until the mixture is sufficiently stiff to put on the griddle.

*Buckwheat Cakes.*—To two quarts of warm milk or water, add one tea-cup of yeast and one tea-spoon of salt. Stir in the flour until it is a thick batter. Set it to rise the night before it is wanted. In the morning if the batter seems sour, dissolve and stir into it a tea-spoon of saleratus. When cooking your cakes, it is usual to leave half a pint of batter in the jar where you have prepared it, to serve as yeast for another mixture.

*Muffins.*—One quart of milk, one egg, salt, half a cup of yeast, table-spoon of melted butter, flour to make a thick batter. To be made late in the evening, and stand all night for breakfast, or if you wish them for tea, mix them at noon, and keep the pan in

a warm place and it will rise in a few hours. Heat the griddle, then butter it and the muffin rings; put the latter upon the griddle and pour in the batter; turn them once only.

*Soda Muffins.*—One pint of water, one quart of flour, half a tea-cup of butter, two small spoons of cream of tartar, one small spoon of soda. Bake immediately upon a hot griddle, or set your muffin rings in a pan, and bake in an oven.

*Missouri Corn Cakes.*—(Without eggs, milk, or yeast.)—Sift three pints of corn meal, add one tea-spoon of salt, one table-spoon of lard, one tea-spoon of dissolved soda. Make it into a soft dough with one pint of cold water, then thin it gradually by adding not quite one and a half pints of warm water; when it is all mixed, beat or stir it well for half an hour, then bake on the griddle and serve hot.

*Rye and Indian Griddle Cakes.*—One cup of corn meal, two cups of rye flour, one egg, a little salt, one tea-spoon of soda, two tea-spoons of cream of tartar.

The *Tortilla* is made by the Mexican women, who bruise the boiled maize, clap it into thin cakes, fling it on the heated stone, and the market-women then cry “Tortillas! Tortillas calientes!”

*Indian Corn Biscuit.*—Sift one quart of corn meal and one pint of wheat flour into a pan with three pints of milk and one tea-spoon of salt. Beat the whites and yolks of four eggs separately as for sponge cake; then first stir in the yolks, and the whites, a little at a time, into the previously well-mixed meal and milk; have ready buttered a sufficient number of cups or small deep pans, nearly fill them with the batter, set them immediately

into a hot oven and bake them fast. Turn them out of the cups and send them warm to the table. They will puff up finely, if at the last you stir in a tea-spoon of soda dissolved in a little warm water.

*Nice Johnny Cake.*—Sift one quart of Indian meal into a pan, rub into it two table-spoons of butter, add one small cup of molasses and a tea-spoon of ginger. Pour on by degrees sufficient warm water to make a moderately soft dough; it may be stirred hard. Butter small tin pans, fill them with the dough, and bake thoroughly with a strong heat. Care should be taken in the baking, that the outside does not burn while the inside is soft and raw.

*Steamed Johnny Cake.*—One pint of sour cream, one tea-spoon of soda, one tea-spoon of salt. Stir in a handful of wheat flour, mixed with corn meal enough to make a stiff batter. Put it into a tin basin; set this into a bread steamer, and keep the steam up for an hour or more according to the size of the cake. Serve it with cream and sugar.

*Hoe-Cake.*—This cake is so called because in some parts of America it is customary to bake it on the iron of a hoe turned up before the fire. Sift a tin pan half full of Indian meal, throw in a tea-spoonful of salt. Pour boiling water on the meal, a little at a time, stirring it well with a spoon as you proceed, until you have a stiff dough. It must be thoroughly mixed and stirred hard. This dough must be mixed over night in order to eat at breakfast. After mixing, cover the pan and set it in a cool place till morning, for it might turn sour if kept warm. In the morning flatten and shape your dough into cakes about the size of a saucer, then bake on the griddle. The griddle should be well-heated when they are put on, so that they will brown nicely;

when one side is done, turn them with a knife. They must be baked brown on both sides. They should be made about half an inch thick.

A French writer relates that the Arabs sometimes bake cakes after the following manner. "They kindle a fire in a stone pitcher, and when it is hot, they mix their meal in water, and daub the dough with the hollow of their hands upon the outside of the pitcher; the dough spreads and bakes in an instant; the bread comes off in small thin slices like one of our wafers."

*Morning Biscuit.*—Prepare the dough over night after the following manner. Take one quart of flour, put in it a little salt, and two table-spoons of yeast, one pint of sour milk with a little saleratus dissolved in it. When the dough is made, work into it half a cup of butter; then cut up the dough into small pieces for biscuit, shape them, and put them on a pan. Cover them with a cloth and let them stand until morning, when bake.

*Another Biscuit.*—Take a quart of the bread dough, work a small tea-cup of butter into it thoroughly, shape it in rolls, or small biscuits, and set them in a warm place until light; bake in a quick oven.

*Buttered Toast.*—Take good bread for your toast if you wish it nice, for poor heavy bread makes equally poor toast. Dip your toasted slices lightly in hot water, and pour melted butter over them.

*Milk Toast.*—For a couple of slices of toasted bread, heat half a pint of milk a little salted, when boiling hot add half a cup of butter and pour all over your bread. Serve as hot as possible.

Hot *cross-buns* are universally eaten in London on Good Friday ; it is one of the relics of Roman Catholic times. These have a cross stamped upon them, as did the cross-buns which the Catholic clergy formerly distributed to their people ; these latter were made from the dough of which the host was made, and thereby regarded peculiarly blessed.

*Oat-meal Cake*.—One pint of sour or buttermilk, one teaspoon of soda,—salt. Thicken with oatmeal ; mix about as stiff as for biscuit, and bake on a griddle. Turn it over occasionally, and bake three quarters of an hour.

The Authoress of *Shetland and the Shetlanders*, tells a story of a French emigré, who, on being entertained by a Scotch Downager, asked leave to taste a *bear meal bannock*, (a coarsely baked barley meal cake.) Finding it not much to the liking of his cultivated palate, he expressed his disgust rather strongly, which provoked his hostess to retort, “Some folk eat bannocks, and some folk eat *puddocks*,” (the Scotch name for frogs.)

*Orange County Butter*.—Strain the milk into clean pans, and allow it to stand until it is soured or clouded at the bottom of the pans ; 36 hours is the usual time. Keep your pans in a room scrupulously neat and cool, where a free circulation of air can take place,—as any impurities in the air will have a deleterious effect on the cream.

When you take off the cream put it into a stone jar, unless you have sufficient cream to churn every day. Scald the churn and dasher thoroughly, filling the former with cold water afterwards to cool it. Then throw out the water from the churn, put in a tumbler of fresh water, in winter it should be warm, in summer, cold. Then pour in the cream.

In *churning*, the motion should be regular and moderate ;

slower in warm weather than in cold, that the temperature may be uniform throughout the whole mass.

When the butter comes, pour into the churn a glass or two of water, to aid in cooling and "gathering" it. Previously scald the butter-bowl and ladle, and cool them, leaving cold water standing in the bowl. Take the butter into it, and wash it well in several waters. When the buttermilk is washed out, pour off the water, and salt the butter. Place it then in a cool place, and let it stand about eight hours. Work it again as before, and replace it until the next morning, when it should be carefully worked for the third time, and packed away. The butter should be *worked in a cool place*, and put away out of the air and light, as soon as possible. In *salting* it, use one ounce of salt to one pound of butter. (Liverpool salt is considered better than Onondaga.)

If you pack it in *jars*, these should be well scalded previous to using them. If in *firkins*, the latter should be soaked in strong brine,—at least two days before using; then filled with sweet hay and hot water, and left to stand until the water is cooled. When the firkin or jar is filled, spread a white cloth over the top, press it in closely, and cover it with damp salt. Some persons make a brine of salt, saltpetre, and loaf sugar; others merely put salt and a little charcoal on the top of the cloth.

Great attention to neatness is necessary; the least neglect in the care of pans, churn, etc., will surely affect the taste of the butter.

*Churning*.—"Grievous work overnight with y<sup>e</sup> churning. Nought w<sup>d</sup> persuade Gillian but that y<sup>e</sup> cream was bewitched by Gamme Gurney, who was dissatisfied last Friday with her dole, and hobbled away mumping and cursing. At all events y<sup>e</sup> butter would not come; but mother was resolved not to have so much goode creame wasted; soe sent for Bess and me, Daisy and Mercy Griggs, and insisted on our churning in turn till y<sup>e</sup> butter

came, if we sat up all nighte for't. 'Twas a hard saying, and mighte have hampered like as Jephtha his rash vow; howbeit soe soone as she had left us, we turned it into a frolick, and sang Chevy Chase from end to end to beguile time; ne'ertheless, the butter w<sup>d</sup> not come; soe then we grew sober, and at y<sup>e</sup> instance of sweete Mercy, chanted y<sup>e</sup> 119th Psalm; and by the time we had attayned to "Lucerna pedibus," I heard y<sup>e</sup> buttermilk separating and splashing in righte earnest. 'Twas near midnight, however; and Daisy had fallen asleep on y<sup>e</sup> dresser. Gillian will ne'er be convinced but that our Latin broke the spell."—*Household of Sir Thomas More, by his daughter Margery.*

*Butter-making Charm.*—A writer in 1685 mentions "that an old woman in Essex came into a house at a time when as the maid was churning of butter, and having labored long and could not make her butter come, the old woman told the maid what was wont to be done when she was a maid, and also in her mother's time,—that if it happened their butter would not come readily, they used a charm to be said over it; whilst yet it was in beating, and it would come straightways, and that was this:—

‘Come, butter, come;  
Come, butter, come;  
Peter stands at the gate  
Waiting for a butter'd cake;  
Come, butter, come.’

“‘This,’ said the old woman, ‘being said three times, will make your butter come, for it was taught my mother by a learned churchman in Queen Mary’s days, when churchmen had more cunning and could teach people many a trick that our ministers now-a-days know not.’”

The old words *buyd ur*, softened by time into *butter*, meant *chief* or excellent food; some suppose from its being used by chiefs only.

*To preserve a firkin of Butter Fresh through the winter.*—Take sufficient water to cover the butter about an inch in depth. Make it salt enough to float an egg; then add to it one small teaspoon-full of pulverized saltpetre, six small tea-spoonfuls of pulverized loaf sugar. This receipt comes from a person who has had much experience in making and preserving butter.

*To restore rancid Butter.*—Work it thoroughly in several changes of water; after pouring off the water, salt the butter anew, and add a little sugar; about half an ounce to one pound. It will thus be rendered more palatable, although it may not entirely restore the first delicate flavor peculiar to new and sweet butter.

*Mode of preserving Butter Fresh in India.*—Butter is reduced to a pure oil, by boiling it in an open vessel, until all the water is evaporated, which is shown by the ceasing of the violent bubbling. The liquid oil is then allowed to stand a short time, until the curd has subsided, when it is strained into bottles and corked tight. When wanted for use it is gently heated and poured out. It is said to be preserved in this way, for several years, and that this is the best form of butter, for use in sauces. This oil is called *Ghee*.

The Orientals, particularly the Arabians, are exceedingly fond of clarified butter. Burton, a recent traveller in Arabia, saw a boy drink nearly a tumbler full, although his friends warned him that it would make him as fat as an elephant. In those countries if a man cannot enjoy clarified butter it is considered a sign that his stomach is out of order. They cook fried meat swimming in grease, and rice saturated with melted, even *rancid* butter.

Butter was used sparingly among the Romans, as a medicine only. In general, the Olive groves of the hot climates supersede the use of butter.



*Forks.*—It is generally supposed that Tom Coryate, of queer memory, introduced the use of forks from Italy, so lately as the time of James I. But the Provençal Plantagenet Queens did not feed with their fingers, whatever their English subjects might do; since in the list of Eleanora's plate occurs a pair of knives with silver sheaths enamelled, with *fork* of crystal, and a silver fork handled with ebony and ivory. Queen Elizabeth had "one of golde, one of *corall*, slightly garnished with golde, and one of crystal, garnished with golde slightly, and sparecks of garnetts." But she kept them for ornament, and not for use; preferring to feed herself with her fingers.

The prejudice against this article of table furniture was great, even amongst the higher classes. One of the divines of that day preached against the use of it as "an insult on Providence not to touch one's meat with one's fingers."

It was about the year 1600 that a traveller by the name of Tom Coryate noticed the common use of a fork by the Italians. He says, "The reason of this is, the Italian cannot by any means endure to have his dish of meat touched with fingers, seeing that all men's fingers are not alike clean! Therefore, I myself thought good to imitate the Italian fashion by this forked cutting of meate, not only while I was in Italy, but also in Germany, and oftentimes in England since I came home."

For a long time after this, it was only "the spruce gallants" who had travelled in Italy, that used the fork, it being classed among foreign fopperies.

"Such was the party hatred of the Guelphs and Ghibellines, the two great Italian factions, that they carried their rancor even into their domestic habits;—at table, the Guelphs placed their knives and spoons longwise; the Ghibellines across;—the one cut his bread across, the other longwise;—even in cutting an

orange they could not agree, for the Guelph cut his orange horizon tally, and the Ghibelline downwards."—D'ISRAELI.

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### MEATS, FISH, AND OMELETTES.

*The Beef-Steak Club.*—This Club was formed in England about the year 1735, and had a great share of fame in its day. It originated in the merest accident. Lord Peterborough was visiting Rich, the famous harlequin, in his own apartment, and,

“With *him* conversing, *he* forgot all time.”

Not so Mr. Rich, who had an internal unfailing monitor. Without interrupting his discourse, or giving the least intimation to his aristocratic visitor of his intentions, he stirred his fire, laid his cloth, drew a beef-steak out of his cupboard, and cooked it. My lord was courteously invited to partake of it, and did so, and, so much to his satisfaction, that, before parting from his humorous acquaintance, he made an engagement to dine with him in the same room, at the same hour, and on a similar dish, on that day week. The suggestion, or the steak, was relished by others as much as by my lord and Mr. Rich, and this was the origin of the Beef-Steak Club.

#### BEEF-STEAK.

*Pound well* your meat, until the fibres break ;  
 Be sure, that next you have to broil the steak,  
     Good coals in plenty ; nor it a moment leave,  
 But *turn it over this way*, and then *that* ;  
 The lean should be quite rare, not so the fat.  
 The platter, now and then, the juice receive,  
 Put on your butter, place on it your meat,  
     *Salt, pepper*, turn it over, serve and eat.

*Welsh mode of serving Beef-Steak.*—Broil it over a quick fire, take it up on a platter, and butter it well. Then slice onions over it; after which, cut them up fine on the meat. The onions impart their flavor to the beef, but are not eaten with it. It is important to cut them *on the steak*; otherwise this flavor is lost.

*Mrs. W.'s mode of making Sausages.*—To 5 lbs. of chopped meat, 1 table-spoon of salt, 1 table-spoon of pepper, 1½ table-spoon pulverized sage. After the meat is well chopped and prepared, make it into round cakes an inch thick, and set them away in a cool place until wanted, or fill a long, narrow bag (of the size of your arm) with the prepared meat; tie it tightly, and hang it up in a cool place.

In *frying*, turn the cakes, or slices, carefully, that they may retain their shape, and cook them thoroughly.

*English Mutton Sausages.*—Take cold roast mutton; cut it in as large slices as possible. Then take bread crumbs, sweet herbs, salt, and pepper, wet them with an egg, and put a small quantity in the centre of each slice. Roll each slice by itself, and tie it up as tight as you can. In cooking, lay them in hot melted butter, and cook until brown and crisp.

*Mutton Chop.*—Broil over a quick fire, sprinkle a little salt on it while cooking; turn often, and, when done, season well with butter, salt, and pepper.

*Broiled Veal.*—Work together a small piece of butter and a little flour in a new baking pan; add cold water, and set it over the fire, sprinkling in salt and pepper. When the meat has been on the gridiron a few moments, take it up, dip it into the gravy (before mentioned), and return it again to the gridiron. Repeat this process two or three times, until the meat is cooked, when

pour the gravy over it and serve. Veal is not as dry when cooked in this way.

*Gridirons.*—THE ESCURIAL.—Philip II., of Spain, having won a battle on the 10th of August, the festival of St. Lawrence, vowed to consecrate a palace, a church, and a monastery to his honor. He erected the ESCURIAL, which is the largest palace in Europe. As this Saint suffered martyrdom by being broiled on a gridiron, (at Rome under Valerian,) Philip caused this immense palace to consist of several courts and quadrangles, all disposed in the shape of a GRIDIRON. The *bars* form several courts; and the royal family occupy the *handle*. It is said that gridirons are to be met with in every part of the building, either iron, painted, or sculptured in marble, etc. They are over the doors in the yards, the windows, and galleries.

*Broiled Ham and Eggs.*—Cut the ham in thin slices, take off the rind, wash them in cold water, and lay them on the gridiron over quick coals. Turn frequently, and they will soon be broiled. Take them up on a platter (previously warmed), butter and pepper the ham. Have ready on the fire a pan of boiling water from the tea-kettle; break into it as many eggs as you require for your family, and when “the white” is done, dip out each egg carefully with a spoon, so as to keep it whole, and set it on one of the slices of ham. In that way arrange them handsomely on the dish. Sprinkle pepper over each egg, and serve.

In the Province of La Mancha, (Spain,) the phrase “the grace of God” is applied to a dish of eggs and bacon fried in honey.  
—CERVANTES.

*Broiled Pigeons.*—Take young and tender pigeons, split them open in the back, roll them so as to break the bones, lay them on

the gridiron, and put a tin cover over them. Watch them closely, and turn them two or three times. When *nearly* cooked, dip the pigeons in melted butter, and lay them back on the gridiron. After you take them up, salt and pepper a little.

*Veal Bewitched.*—Take the hind-quarter of veal, three slices of salt pork, three slices of bread, three eggs, salt and pepper to your taste. Chop the meat, pork, and bread fine, add the beaten eggs, and wet the whole quite soft with milk. Put it into a baking dish, and bake two hours. When done, it will turn out in the form of the dish. To be sliced and eaten cold.

*Tripe.*—When tripe comes from the hands of the butcher, it is generally cleaned; it is only necessary, therefore, for the cook to soak it in salt and water for four or five days, changing the water every day. Then cut it into pieces, scrape and rinse them; boil them until tender, and drop them in a jar of spiced vinegar. After two or three days it may be eaten cold, or broiled for a minute on the gridiron. Butter and pepper to your taste.

This is a nice breakfast dish.

*Pickled Goose.* (*A German breakfast dish.*)—Boil a young goose, take the breast, and the flesh from the legs, and pour hot spiced vinegar over it; when cool, put it in a jar, and cork it up. It will keep all winter.

*Meat Biscuit.*—This preparation, containing much nutriment in a small bulk, has been contrived for the use of seamen. Good wheat flour, or other meal, is mixed with a concentrated fluid extract of flesh, which is strained through a wire cloth, and freed from fat. The dough thus formed is made into biscuit, which must be preserved in mass or coarse powder, free from moisture, in gutta-percha bags, or air-tight cases. To prepare a pint of

soup, an ounce of the powdered biscuit, first made into a thin paste with cold water, is stirred into sufficient boiling water, and the whole boiled for twenty minutes. Salt and pepper are then added to suit the taste.

*Pemmican* is made by mixing muscular flesh, cut in thin strips, thoroughly dried, and reduced to powder, with melted fat.

*Liver Cheese*.—Boil a beef's liver, heart, and tongue; remove all the hard and sinewy parts, and chop the remainder fine; add to this half a pound of boiled pork, also chopped fine; season it all well; then tie it in a cloth, or put it into a pan, and press it hard. After standing a few hours, it will come out in a solid cake, and is very nice to slice from, for eating at breakfast or supper.

*Broiled Chickens*.—Split the chicken in two parts, and roll it gently to reduce the bones. Put the halves in a pan, with water enough to cover them; when heated through, lay them on a gridiron, and broil them. When nearly done, salt and pepper them; and, when cooked, serve with plenty of butter.

*Broiled Fresh Fish*.—After the fish is cleaned, wash it well, and sprinkle as much salt upon it as it requires for cooking. When it has been in the salt a few hours, hang it in the chimney-corner all night, if it is to be cooked in the morning.

Butter the bars of the gridiron, lay the *inside* of the fish upon it, and, when that side is *done*, turn it. Cook it slowly, and butter it well when served.

*Broiled Salt Fish*.—Salt shad or mackerel should soak several hours in cold water, previous to cooking. Change the water, scrape the fish, and hang it to drain for a short time; then butter

the bars of the gridiron, and sprinkle a little flour on the inside of the fish, to prevent its sticking to the gridiron. Cut the fish into two parts, (lengthwise,) lay the thickest side towards the fire, and do not turn the fish until that side appears cooked, then turn carefully.

When the fish is done, take it up in a tin pan, pour boiling water from the tea-kettle over it, and let it stand for five minutes. Then turn off the water, butter it and serve.

The *Callipeva*, called by some the salmon of the tropics, is in high favor in the West Indies, on account of its delicious flavor. "When cut in slices, folded in tissue paper, and lightly fried, nothing can surpass it."

*Indian Method of Broiling Fresh Fish.*—They take a fish fresh from the water, cut out the entrails, and, without removing the scales, wash it clean, dry it in a cloth or in grease, and cover it all over with clear, hot ashes. When the flesh will part from the bone, they draw it out of the ashes, strip off the skin, and it is fit for the table of the most fastidious epicure.—*Mrs. Moodie.*

The modes of preserving fish are various; they are salted and dried, smoked and potted, baked and preserved in oil. Several savage nations possess the art of preparing fish in a variety of ways, even as a kind of flour, bread, etc.

*Potted Shad. (A Quaker Dish).*—Wash the shad in salt and water, wipe it dry with a cloth, season it with pepper and salt as for broiling. Cut it in square pieces, about the size you ordinarily cut when serving at table. Put a layer of these pieces in the bottom of a jar, sprinkling in a few cloves, allspice and mace; do the same with each layer, until the jar or pot is filled. Pour over all good cider vinegar to the top. Grease a paper with butter, and

fit it to the size of the pot. Make a paste of flour and water, roll it out thin like pie-crust, and cover the jar, pressing it closely around the sides to exclude the air. Send it to the baker's, with instructions to put it in the oven when the bread comes out, to remain there until he requires his oven for the afternoon baking; to put it in again, when his bread is out in the afternoon, and let it remain in all night. Shad thus prepared makes a nice relish; is suitable for supper as well as for breakfast.

*Fried Oysters.*—Dip each oyster in egg-batter, or simply in beaten egg, then in cracker-crumbs rolled very fine; lay them in melted butter, brown them, turn quickly and serve.

*Broiled Oysters.*—Take large-sized oysters, salt and pepper them, dip them in beaten yolk of egg and afterwards in cracker-crumbs; roll each in a small piece of buttered paper, and lay it on the gridiron. They form a delicate dish for invalids.

*Pickled Oysters.*—Open your oysters from the shell, save the liquor and strain it; then scald it by a slow fire and skim it; put in the oysters, a few at a time, as in doing them in large quantities they will be in danger of burning; if the liquor be thick, mix with it a little salt and water to harden and plump them; do not overdo them, this your sight and taste will discover. The fire must be slow. After they are taken out, spice the liquor to your taste and scald it again. When *all is cold*, pack down the oysters and pour the liquor over them. To one gallon of oysters, add a pint of white wine; but *no vinegar*.

*Frogs.*—The consumption of frogs is not now, as formerly, confined to the French. An English paper, the Athenæum, recently came out in favor of frogs: "There is no reason," it remarks, "why we should eschew frogs, and relish turtle." They



are eaten to a considerable extent by Americans; and frogs command a high price in the New York market. "In America, the flesh of the huge bull-frog is tender, white, and affords excellent eating. Some bull-frogs weigh as much as half-a-pound, but the hind legs are the only parts used as food." The green, or edible frog, is in high request on the Continent of Europe, being delicate and well-tasted. In Vienna, where the consumption of these frogs is very considerable, they are preserved alive, and fattened in froggeries (*grenouillères*) constructed for the express purpose.

*To Cook Frogs.*—Take the hind legs of a young frog, skin them—wash, and fry them in butter; or broil them. They are as delicate as the breast of a chicken.

Queen Elizabeth, out of compliment to her royal *French* suitor, the Duc d'Alençon, cherished the jewelled similitude of a frog in her bosom; in the form of a brooch.

*Eels.*—After eels are skinned and dressed, they should be salted on both sides, leaving them on a plate over night. In the morning, hang each on a nail in your kitchen, piercing a hole near the head by which to hang it. Let them hang thus until the next morning, viz.: 24 hours. Then before cooking them, cut each eel into pieces a finger in length. Broil them over a quick fire, turning them frequently. Butter, salt and pepper them when cooked.

It is said that Thomas à Becket gave £5 on one occasion for a dish of eels. A lamprey is a species of eel.

*Stewed Lamprey.*—Lines on the death of Henry I., of England, by Robert of Gloucester:—

"When he came home, he willed him a lamprey to eat,  
 Though his leeches him forbade, for it was a feeble meat;  
 But he would not them believe, for he loved it well now,  
 And eat in evil case, for the lamprey it him slew,  
 For right soon after it into anguish him drew,  
 And he died for his lamprey unto his own woe."

Alexander Pope was extravagantly fond of potted lampreys. Some of his friends imputed his death to his having eaten a dish of them.

*Fried Fish.*—If the fish are large, cut them in pieces, wipe them dry with a cloth, dip them in beaten egg, and afterwards in bread or cracker crumbs, or in Indian meal. Lay them in the heated melted butter, and fry until brown, sprinkling a little salt and pepper over them. Then turn them and brown on the other side. Be particular that the butter be hot when you lay the fish in, for it is important that fried fish be not greasy; this they surely will be if laid into fat not sufficiently hot. First try the fat with bread crumbs, and if this brown nicely without burning, you have the right heat.

A traveller in Peru, tells us of a great delicacy called *chantisa*, which is prepared in the following manner:—The fish are preserved by using as much salt as is necessary to season them. They are then put into baskets lined with leaves, and a large stone is placed on the top, to press them into a solid mass, like a cheese. After standing a day or two, a small fire of cedar, or some aromatic wood, is kindled underneath, to smoke them. After remaining 10 or 12 hours, the cakes are taken out of the baskets and again exposed to the smoke, till it has penetrated through them, when they are laid up for use. A small portion of the smoked *chantisa* is generally added to fish while cooking, to which it communicates a very delicate flavor.

*To detect poor Eggs.*—Take them to a dark place, and hold them between the eye and a lighted candle or lamp. If the egg is *good*, the light will shine through with a reddish glow,—while if the egg is *stale*, it will be opaque or dark.

*Recette de la Fondue.*—Weigh the number of eggs, which

you wish to make use of, according to the expected number of guests. You then take a piece of good Swiss cheese weighing a quarter, and a piece of butter weighing a sixth of this weight.

“You must break and beat well the eggs in a stew-pan, after which you put in the butter, and the cheese grated or cut thin.

“Put the pan on the stove, (which should have a brisk fire,) and turn with a spoon until the mixture is sufficiently thick and soft.

“Put in little or no salt, according as the cheese is more or less old, and a large supply of pepper, which is one of the positive charms of this ancient dish. Serve it upon a dish slightly warmed; and with it drink your best wine, and you will see wonders.”—M. SAVARIN.

*Omelette or French egg cake.*—Beat up thoroughly six eggs, a tea-spoonful of sweet cream or milk, and some salt, and fry in a pan, in which there is half an ounce of melted butter, over a quick fire. In order that the omelette may remain juicy and soft, it is necessary that the pans should be hot before the eggs are poured in; during the frying, move the pan continually to and fro, so that what is below may always come on top again; you may help it with the fork; continue this till there has formed a cake four inches in width, and one inch thick; now hold the pan still for a moment to give the omelette a color, then turn it out on the proper dish and serve immediately.

*Soyer's Omelette.*—Break four eggs into a basin, add half a tea-spoonful of salt, a quarter of a spoonful of pepper, beat them up well with a fork, put into the frying-pan one ounce and a half of butter, which is put on the fire until hot; then pour in the eggs, which keep on mixing quick with a spoon, until all is delicately set; then let them slip to the edge of the pan, laying hold by the handle and raising it slantways, which will give an elongated

form to the omelette ; turn in the edges, let it set a moment, and turn it over on to a dish and serve.

It ought to be a nice yellow color, done to a nicety, and as light and delicate as possible.

The pan in which omelettes are cooked should be free from damp, therefore put it on the fire, with a little butter ; let this get hot ; remove it, wiping the pan with a dry cloth and then you will be able to make the omelette in perfection.

Fowls' eggs variously colored are in high favor with our foreign population at Easter ; they also form a part of all the Malay entertainments in Borneo.

“ An Ostrich egg is considered equal in its contents to 24 of the domestic hen. When taken fresh from the nest they are very palatable, and are wholesome, though somewhat heavy food. The best mode of cooking them is, to place one end of the egg in hot ashes, and making a small orifice at the other, to keep stirring the contents with a stick, till they are sufficiently roasted ; and thus, with a seasoning of salt and pepper, you have a nice omelette.”

Here is breakfast ready laid. Inprimis, tea and coffee ; second, dry toast ; third, butter ; fourth, eggs ; fifth, ham ; sixth, something potted ; seventh, bread, salt, mustard, knives, forks, etc. One of the first things that belong to breakfast is a good fire. There is a delightful mixture of the lively and snug in coming down into one's breakfast room of a cold morning, and finding every thing prepared for us ; a blazing grate, clean table-cloth, and tea-things, newly washed faces and combed heads of a set of good-humored urchins, and the sole empty chair ready for its occupant.—LEIGH HUNT.

## A CALL TO BREAKFAST.

Breakfast! come to breakfast!

Little ones and all,—

How their merry footsteps

Patter at the call!

Break the bread; pour freely

Milk that cream-like flows;

A blessing on their appetites

And on their lips of rose.

Breakfast! summer breakfast!

Throw the casement high,

And catch the warblers' carol

On glad wing glancing by.

Set flowers upon your table

Impearled with dew-drops rare,

For still their fragrance speaks of Him

Who made this earth so fair.

Breakfast! winter breakfast!

Recruit the blazing fire;

Heap coal upon the glowing grate,

Or fill the furnace higher.

Though drifted snows descending

May whiten field and bower,

Where loving hearts are true and warm,

King Frost hath little power.

Dinner may be pleasant,

So may social tea;

But yet, methinks the breakfast

Is best of all the three:

With its greeting smile of welcome,

Its holy voice of prayer,

It forgoeth heavenly armor

To foil the hosts of care.

Breakfast! come to breakfast!

Some there are who hear

No such household music

Ringling on their ear.

Wilt thou from thy store-house  
Cheer them when they pine—  
Shedding blessed sunbeams  
On their day and thine?

MRS. SIGOURNEY.

*Saying grace.*—The form of the benediction before eating has its peculiar beauty at a poor man's table, or at the simple and unprovocative repasts of children. It is here that the grace becomes exceedingly graceful. The indigent man who hardly knows whether he shall have a meal the next day or not, sits down to his fare with a present sense of the blessing, which can be but feebly acted by the rich, into whose minds the conception of wanting a meal, could never, but by some extreme theory, have entered.—CHARLES LAMB.

Before my meals and after, I let myself loose from all thoughts, and now would forget that I ever studied; a full mind takes away the body's appetite no less than a full body makes a dull and unwieldy mind; company, discourse, recreations are now seasonable and welcome; these prepare me for a diet, not gluttonous, but medicinal; the palate may not be pleased, but the stomach, nor that for its own sake; neither would I think any of these comforts worth respect in themselves, but in their use, in their end, so far as they may enable me to better things. If I see any dish to tempt my palate, I fear a serpent in that apple, and would please myself in a wilful denial; I rise capable of more, not desirous; not now immediately from my trencher to my book, but after some intermission.—BISHOP HALL.

## COOKS AND COOKERY.

"To cookery we owe well-ordered states  
 Assembling men in dear society.  
     \*       \*       beneath the earth lay hid  
 The precious *salt, that gold of cookery!*  
 And when its particles the palate thrilled,  
 The source of seasonings, *charm of cookery,* came.  
 They served a paunch, with rich ingredients stored,  
 And tender kid, within two covering plates,  
 Warm melted in the mouth. So art improved!  
 At length a miracle, not yet performed,  
 They minced the meat, which rolled in herbage soft,  
 Nor meat nor herbage seemed, but to the eye,  
 And to the taste, the counterfeited dish  
 Mimick'd some curious fish; invention rare:  
 Then every dish was seasoned more and more,  
 Salted, or sour, or sweet, and mingled oft  
 Oatmeal and honey. To enjoy the meal  
 Men congregated in the populous towns,  
 And cities flourished, which we cooks adorned  
 With all the pleasures of domestic life."

THE culinary art is as old as the human race. As man had control given him over all the animal and vegetable world, he very soon contrived to make every thing useful to himself; and in providing for the claims of hunger, he followed the first dictates of nature. Such articles of food as were not palatable in their natural state, he made so by mixing them with others agreeable to the taste, or by submitting them to the action of fire.

An early instance of skill in cooking is given in the case of Rebecca, who dressed the flesh of a young kid after the manner of venison, when she wished to obtain the blessing for her favorite son.

A similar proof of the progress of the ancients in the culi-

nary art, is shown in the anecdote of the King of Bithynia, who, in some expedition against the Scythians, in the winter, and at a great distance from the sea, had a violent longing for a small fish called *aphy*. His cook cut a *turnip* into the exact shape of the fish, fried it in oil, salted, and well powdered it with the grains of a dozen black *poppies*, and served it before the king. His majesty's taste was so exquisitely deceived, that he praised the root to his guests as a most excellent fish!

The Queen of Caria, who had been assisted by Alexander the Great, in order to express her affectionate regards, sent him every day a number of excellent dishes and a handsome dessert; at last she sent to him some of her best cooks and bakers.

Although this last gift was rejected by Alexander, it was none the less a mark of high favor, and indicates the value set upon these personages in the houses of the opulent and noble.

As luxury and refinement spread from Asia into Europe, a fastidious taste in eating arose among the Greeks, and with them all the resources of the cook were called into requisition.

Cooks were hired or purchased at enormous prices, those from Sicily being particularly valued for their great skill. Sparta alone resisted the advance of luxury and the introduction of foreign cooks. On one occasion her magistrates expelled a Sicilian cook from the city, observing, "that the aid of Mythicus was unnecessary, as *hunger* was the best seasoning."

At Athens, the chief cook, when directed to prepare a feast, not only inquired the number of guests expected, but also *who*, and *what* they were, that he might adapt the dishes to their various tastes. Thus he is represented by one of the poets as asking:—

*Cook.* What is the number of the guests invited

- To this fine marriage feast? And are they all  
Athenian citizens, or are there some  
Foreigners and merchants?



*B.* What is that to you,  
Since you are but the cook to dress the dinner?

*Cook.* It is the first part of my art, O father,  
To know the tastes of those who are to eat.  
For instance, if you ask a Rhodian,  
Set a fine shad or lebias before him,  
Well boiled and hot, the moment that he enters.  
That's what he likes; he'll like it better so  
Than if you add a cup of myrine wine.

*B.* Well, that idea of shads is not a bad one.

*Cook.* Then, if a Byzantine should be your guest,  
Steep all you offer such a man in wormwood,  
And let your dishes taste of salt and garlic;  
For fish are all so plenty in their country  
That the men all are full of rheum and phlegm.  
If some guests from the islands come,  
Who always feed on fish of every sort  
Fresh from the sea,—such men like not salt dishes,  
But think them make-shifts. Give such men their food  
Well seasoned, forced, and stuffed with choicest spices.

\* \* \* \* \*

I like to see the *faces* of the guests,  
To feed them as their age and station claim;  
If my young royster be a mettled spark,  
Who melts an acre in a savory dish  
To charm his mistress, scuttle-fish and crabs,  
And all the shelly race, with mixture due  
Of cordials filtered, exquisitely rich;  
To a *philosopher*—that animal  
Voracious—solid ham and bulky feet;  
But to the *financier*, with costly niceness,  
Glociscus rare, or rarity more rare.  
Insensible the palate of old age;  
More difficult than the soft lips of youth  
To move—I put much mustard in their dish;  
With quickening sauces make the stupor keen,  
And lash the lazy blood that creeps within.

That he ruled in the kitchen with a full consciousness of his own importance, is thus displayed:—

I never enter in my kitchen, I!  
 But sit apart, and in the cool, direct,  
 Observant of what passes, scullions toil.  
 ———— I guide the mighty whole,  
 Explore the causes, prophesy the dish.  
 'Tis thus I speak: "Leave, leave that ponderous ham;  
 Keep up the fire, and lively play the flame  
 Beneath those lobster patties;" "patient here,  
 Fixed as a statue, skim, incessant skim."  
 "Steep well this small *glocisous*\* in its sauce,  
 And boil that sea-dog in a cullender."  
 "This eel requires more salt and marjoram;"  
 "Roast well that piece of kid on either side  
 Equal;" "that sweet-bread boil not over much."  
 'Tis thus, my friend, I make the concert play.  
 \* \* \* \* \*  
 And then no useless dish my table crowds.  
 Harmonious ranged, and consonantly just,  
 As in a concert instruments resound,  
 My ordered dishes in their courses chime.

*Trials of Cooks.*—That the office of cook is not exempt from its peculiar trials is certain; one of these which has troubled many a modern cook, is particularly mentioned in ancient records.

A young Greek who had the curiosity to visit Antony's kitchen, saw amongst other things eight wild boars roasting whole at the same time. Upon which he expressed surprise at the great number of guests that he supposed were to be at the supper. One of the officers could not forbear laughing, and told him that there were not so many as he imagined, and that there would not be above a dozen in all; but that it was necessary every thing should be served in a degree of perfection, which every moment ceases and spoils. "For," added he, "it often happens that Antony will order his supper, and a moment after forbid it to be served, having entered into some conversation that

\* A shell fish.

diverts him. For that reason not one but many suppers are provided, because it is hard to know at what time he will think fit to have it set on the table."

The cooks of the Emperor Napoleon I. were tried in the same way, by their master's becoming absorbed in business ; and we are told that they found it necessary to adopt the same course ; that is, when the dinner was half cooked, to commence preparations anew, as it was impossible to tell at what hour they might be called to serve.

In this connection we are reminded of the story of Vatel, the French cook, who destroyed his life in consequence of the mortification he felt at some deficiencies in an entertainment which he had directed.

Madame Sevigné tells us that Vatel was maître d'hotel at Chantilly, where the Prince of Conti gave a grand entertainment to Louis XIV., in 1671. There were twenty-five tables of five courses each, besides a great number of others, for accidental comers.

It is not strange that there should have been a deficiency of *one* article of food, and we are told that two of the tables were deficient in *le roti*.

The anxiety which had pressed so heavily on Vatel, that he had not slept for twelve nights, made him exceedingly mortified at this failure, and he said several times to his companion Gourville, that he had lost his honor, that he could not support the mortification. "My head turns, help me to give my orders." Gourville assisted him all he could, but "*le roti*" was ever returning to his mind. At last Gourville went to the prince and begged him to speak to Vatel. The prince came and said to him, "All went well, Vatel ; the supper of the king was very fine." "Monsieur, your kindness overcomes me ; I know that the *roti* failed at two tables." The prince endeavored to encourage him by praise, but all to no purpose.

At four o'clock in the morning, Vatel went out while all were asleep, and made inquiries about some fish which he was expecting, having sent orders to all the seaports to have a large quantity sent to Chantilly. The purveyor knew nothing of these orders, and showing a small number said, "These are all we have." Vatel waited some time, the other purveyors did not arrive, and he believed no more fish would be brought. His head burned; he found Gourville and said, "I cannot survive this mortification. Gourville laughed at him. He ascended to his chamber, ran his sword three times into his body, and fell dead. Not long after, the fish arrived from all quarters; the cooks waited in vain for Vatel to distribute them. They at last forced open his door, and he was found drowned in his blood.

*Rewards to Cooks.*—Cooks have on various occasions been handsomely rewarded by monarchs for their skill in preparing some favorite dish, or for having presented it at a very opportune time. The skill of a Roman cook in preparing a good supper so pleased Mark Antony that he gave him the house of a Roman citizen. William the Conqueror granted the manor of Addington to Tezlin his cook, because he had composed a dish of white soup called *dilligrout*, which especially pleased the royal palate.

It is recorded of Henry VIII., that he raised a servant to a considerable dignity, because he had taken care to have a roasted boar prepared for his majesty, when Henry happened to be in a humor of feasting on one. The widow of a Mr. Cornwallis was rewarded by the gift of a dissolved priory for some fine puddings which she had presented his majesty. The Emperor Charles V. visited the grave, and erected a monument to the memory of Benkels, who invented the process for preserving the fish of Holland in a pickle.

In the middle ages the master cook and the provost of the cooks in the king's household, were officers of dignity and emolu-

ments, and the king's gardener was often a clergyman of high rank. The king's bakers and brewers in Scotland received hereditary grants of land for their services.

The rivalry and jealousy which so generally prevails among members of the same profession is not wanting among cooks, who fully verify the truth of the adage that "two of a trade can never agree." Many contests have taken place among them, in which they have endeavored to outdo each other in the variety and costliness of their dishes. When these contests have occurred between natives of different countries, more than ordinary feeling is aroused, for they consider their national as well as personal honor at stake. In a strife between an English and a French cook, the former must of necessity be defeated, since the fertile imagination of the Frenchman is sure to invent combinations which the Englishman had never dreamed of. On one of these occasions an Englishman resorted to another mode of defeating his antagonist than by competing with him in the variety of his dishes, and accomplished by his wit, what he could not gain by his skill.

During a truce between England and France, the cook of a marshal of France invited the Duke of Marlborough's cook to dine with him; the Frenchman had at his entertainment all the extraordinary kickshaws which the fertile imagination of his country's art could invent, or his own whims produce; the Englishman allowed him to be a prodigious master in the culinary profession, and on a certain day invited him to return the visit. The day arrived and the guests came; and when all were in expectation of a master stroke in giving some dishes a false appearance, or in the artful seasoning of others, there was brought in a plain sirloin of beef, and a plum pudding. After a short surprise, "Sir," said the Frenchman, "this is so uncommon a dish on this occasion, that I did not expect anything like it." To which the other

replied, "Monsieur, this is a dish proper for every Englishman to be proud of; this dish has carried my countrymen twice through France already, and I don't doubt but it will the third time."

Cookery, as a science, has employed the talents of Lord Bacon, Drs. Hunter, Kitchener, and Count Rumford, and many of the distinguished men of France. M. Talleyrand, the Marquis de Cussy, M. Brillât-Savarin, and others, have treated of it at length. They invented new dishes, some of which are still famous, bearing the names of their inventors. Gastronomy, or the science of good eating, was regarded by them of first importance; one of them, M. Savarin, asserting, "that the destiny of nations depends upon the manner in which they are fed." Their cooks were noted for their skill in their profession, and for the high value they set upon it. To constantly improve and progress in the art was their aim and study. Thus, Carême, the well-known French cook, in the house of M. de Talleyrand, says in his Reminiscences, that he had always the habit of noting in the evening upon his return home, the modifications which he had made in his work during the preceding day—"With pen in hand, I put down my reasons for so doing. This accounts for my progress in the art. There is always in every thing a way which is at the moment, the best and most convenient; the sagacity of ready wit will recognize this. I was working in the house of the Prince de Talleyrand in 1814, when the Emperor Alexander arrived in Paris. Some days after, I was sent for, and I followed this sovereign to the Elysée-Napoléon. There I obtained the friendship and protection of the contrôleur of his house, M. Muller, and under his direction became *chef des cuisines* to the Emperor. At this period of my life, I was thrown into the most active and extended service, yet I did not renounce my habit of writing down every evening what I had altered, or modified, or done over dur-

ing the day, fixing thereby those ideas and combinations which would have otherwise escaped my memory."

How difficult it is to become perfect in this art, according to the French view of it, we may perceive from the remarks of the famous cook, Louis Eustache Ude, upon the subject. He says:—"What science demands more study than cookery? Every man is not born with the qualifications necessary to constitute a good cook. I shall demonstrate the difficulty of the art, by offering a few observations on some other arts. Music, dancing, fencing, painting and mechanics, in general, possess professors under twenty years of age, whereas, in the first line of cooking, pre-eminence never occurs under thirty. We see daily at concerts and academies, young men and women who display the greatest abilities; but in our line, nothing *but the most consummate* experience can elevate a man to the rank of chief professor. Cookery is an art appreciated by only a very few individuals, and which requires, in addition to a most diligent and studious application, no small share of intellect, and the strictest sobriety and punctuality;—there are cooks, and cooks as there are painters; the difficulty lies in finding the perfect one; and I dare assert, that the nobleman who has in his service a thorough good one, ought to be as proud of the acquisition, as of possessing in his gallery a genuine production of the pencil of Rubens, Raphael or Titian."

With such ideas of the dignity of his calling, it is no wonder that the French cook excels those of all other nations, and that his fame is world-wide. He esteems it important to society, an honorable vocation, and worthy of careful attention,—consequently he has attained excellence in it. Other nations have valued it less, and therefore neglected it. In America, where the knowledge and practice of it is almost entirely confined to woman, it has not been regarded as a science, or as requiring any but ordinary attention. A large majority of the cooks work on from habit, trusting their success or failure to *luck*, as they term it. In

any other calling, they would concede that an attention to rules and principles was necessary and indispensable to a proper practice; why not, then, in cookery? Valuable as experience is, it is not experience alone upon which success depends; a thorough and careful acquaintance with the results of certain mixtures, the action of heat upon them, chemical affinities, etc., early acquired, would prevent many a lamentable failure. In this age, when woman claims to be able to do whatever man can do where mere physical strength is not in question, would it not be well for her to emulate him in that business which belongs particularly to her province, and to look upon it in a larger and broader sense. If the maxim of one of the French gastronomers be true, "Tell me what thou eatest, and I will tell thee what thou art," how largely may the provision she makes for her household affect their future pursuits and tastes. Woman is peculiarly fitted to excel in the light and delicate cookery—"patisserie"—which French genius has carried to such perfection. Her delicate hands are admirably adapted to the moulding of beautiful designs, her ready wit, quick to discern cause and effect, and her cultivated taste to make every thing harmonize and form an appropriate whole.

A knowledge of cookery is useful in *every* condition of life; since misfortune, exile, shipwreck, and their consequent destitution, have compelled thousands to cook and serve their own repasts. Even royalty itself has not been exempted from this necessity. Charles the Second's long wanderings and concealment, led him to acquire considerable dexterity in preparing his dinner. As an instance of this, it is related, that "After his concealment in Boscobel Wood for some days, during which time he was supplied with food by a few friends whenever they could safely take it to him, his friend, Colonel Carlis, took him to his house, and as the king's appetite was pretty keen from the fasting to which he had submitted, the colonel killed a sheep privately; then the king took a knife and trencher, and from a leg cut some of the mut-



ton into collops, pricked them with the knife-point, called for a frying-pan and butter, and fried them himself, of which he ate heartily; the colonel waiting upon him, and assisting him. Afterwards, in the king's prosperous days, he used jokingly to call the circumstance to mind, and propose it as a problem, whether he or the colonel were the master-cook at Boscobel—and the supremacy was always by right adjudged to his majesty."

A somewhat different result awaited the efforts of the Prince de Condé, who, accompanied by a few friends, was once traversing France in disguise, and reaching a little public-house some hours after nightfall, he volunteered to cook an omelette for the whole party. "The hand, however, which could wield the truncheon with such effect, proved somewhat too violent for the frying-pan, and in the attempt to turn the omelette, he threw the whole hissing mass into the fire."—JAMES'S *Life of Louis XIV.*

We will close our remarks upon cooks and their art, by giving a slight notice of one who employed his skill in his profession to the noble purpose of benefiting his fellow-men, and whose recent death has caused much regret in the English and French nations,—M. Alexis Soyer, so well known at the present day for his talents as *chef de cuisine*, and also for his works on Gastronomy. At the time of the famine in Ireland, in 1847, he opened a kitchen in the Square, at Dublin, where he fed sometimes four or five thousand poor people in a day with excellent food, prepared at a moderate cost. During the recent war with Russia, when the sick and wounded of the allied armies were suffering greatly both in the hospitals at Scutari and in the Crimea, for want of proper food, M. Soyer offered his services gratuitously to the British Government, as superintendent of the culinary department; which, being accepted, he proceeded immediately to the seat of war, and rendered most valuable aid to the suffering armies. When he arrived at the Scutari hospitals, and inspected the departments, he found every thing connected with the kitchens ill managed,

disorderly, and exceptionable. A general scramble took place among the soldiers at dinner-time, for the soup and meat, which were then distributed. These were not of the right quality, and the vegetables were all stale. Within a week M. Soyer corrected these evils, showing the men how to make good soups out of materials before thrown away, and introducing order in the eating arrangements. He had the cooking confined to one spacious room, that he might superintend the whole personally. He wrote receipts for the cooks, and so trained them as to make all proficient in their department. At Balaklava he performed the same services, for the same difficulties existed here. He had invented a new camp-cooking stove, and upon its introduction, he sent invitations to the chief officers of the allied armies, to visit, upon a certain day, his department, to witness the working of the stoves. They came about three o'clock; found the stoves placed in the open air in the form of a semi-circle, and so arranged that although the cooking was going on, no fire could be seen except by raising the lids.

This was a very important feature, since no light must be seen when the men used the stoves in the trenches. The bill of fare on this occasion consisted of plain-boiled salt beef; the same with dumplings; plain-boiled salt pork; the same with peas-pudding; stewed salt pork and beef with rice; French pot-au-feu; stewed fresh beef with potatoes; stewed mutton with haricot beans; ox-cheek and ox-feet soups; Scotch mutton-broth; and curry, made with fresh and salt beef. Thus there were quite a variety of messes prepared out of the ordinary rations of the soldiers, introducing some ingredients which could be added without any increased expense, yet which would make the food more palatable and more healthy. All the officers tasted of the different kinds of food, and pronounced them excellent, while the *chef de cuisine* explained to them the construction of his apparatus and its mode of operation. It was very simple, cleanly and economical.

There was no difficulty in regulating the heat for the different processes of cooking. The commanders were present, accompanied by a numerous staff; all evinced a hearty approbation, and from this time the care of the culinary department was fairly in the hands of M. Soyer. This exhibition took place about a month before the capture of Sebastopol. M. Soyer died in the summer of 1857, much regretted by the French nation, and highly esteemed by the English; he had dignified his calling by his faithful and noble discharge of its duties, and may justly be regarded as a benefactor to his fellow-men.



PART II.  
DINNER.

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## DINNER

Ashore, and Sidney's copse,  
To crown thy open table, doth provide  
The purpled pheasant with the speckled side.  
The painted partridge lies in every field,  
And for thy mess is willing to be killed.  
And if the high-swollen Medway fail thy dish,  
Thou hast thy ponds that pay the tribute fish—  
Fat, aged carps, that run into thy net,  
And pikes, now weary their own kind to eat,  
As loth the second draught a cast to stay,  
Officiously at first themselves betray;  
Bright eels that emulate them, and leap on land  
Before the fisher, or into his hand.  
Thou hast thy orchard fruit, thy garden flowers,  
Fresh as the air, and new as are the hours ;  
The early cherry, with the later plum,  
Fig, grape, and quince, each in his time doth come ;  
The blushing apricot and woolly peach  
Hang on thy walls, that every child may reach.

BEN JONSON'S *Lines to Penhurst.*

WE will now proceed to discuss that meal which has ever much engrossed the attention of men, and which has been considered among all people the chief meal of the day ; viz., the *dinner*. Apart from its apparent use, that of appeasing the wants of hunger, it has served in its day various other ends. The policy of states has often been changed, by an appropriate, an elegant, and a well-executed dinner. The suit of many a courtier has

been forwarded by its timely assistance, and through a well-seasoned and well-relished dinner has many a feud been settled, and many a lawsuit been brought to a happy conclusion. "Make ready," said Joseph to his steward when the Israelitish wanderers appeared at his court, "make ready, for these men shall *dine with me* at noon." When Esther came forth in regal pomp to solicit merey and protection for her countrymen, she invited the king and Haman to *dinner*. The celebrated Mrs. Howard (Lady Suffolk) sold her own beautiful hair in order to enable her husband, then in very narrow circumstances, to give a *dinner of policy* to a great man.

In all fashionable life, whether in London, Paris, Madrid, Vienna, Washington, or New York, this meal is the one above all others, to which is invited the distinguished stranger, or the beloved friend.

To this meal, kings and nobles, knights and squires, laymen and priests, have each and all attached a high importance. "How shall we dine to-day?" is the first thought in every rank of life, and of human beings everywhere. It is alike the first thought of the wealthy voluptuary, and the indigent laborer. In obtaining this universal object of desire, a *dinner*, an infinite variety of tastes has been displayed, and an infinite variety of dishes invented. Earth, sea, and air, have been ransacked to gratify the eager, yet ever-changing appetite of man.

And since in humble as well as fashionable life the universal cry is not only how shall I dine? but *how shall I dine well?* it is important that the best way to accomplish this end be ascertained.

To exercise a personal supervision over her dinner is not unworthy of the most accomplished or learned woman, since she thereby insures the comfort and pleasure of her family, and consequently her own. Lady Mary Wortley Montague, herself a



learned woman, says well, "that the most trivial concerns of economy become noble and elegant when exalted by sentiments of affection ; to prepare a meal is not merely giving orders to my cook, it is an amusement to regale the object I doat on." Lady Hardwick, the wife of the Lord Chancellor, so carefully regarded the concerns of her household, that she was able to say that "uncertain as was the time of the Lord Chancellor's dining, and the company that would attend him, yet if it should happen that he brought with him an ambassador, or person of the highest rank, he never found a dinner or supper to be ashamed of."

Mrs. Piozzi relates that Dr. Johnson used often to say in her hearing, "that wherever the dinner is ill got up, there is poverty, or there is avarice, or there is stupidity ; in short, the family is somehow grossly wrong ; for a man seldom thinks with more earnestness of any thing than of his dinner ; and if he cannot get that well dressed, he should be suspected of inaccuracy in other things." One day when he was speaking upon the subject, Mrs. Piozzi asked him if he ever huffed his wife about his dinner. "So often," replied he, "that at last she called to me when about to say grace, and said, 'Nay, hold, Mr. Johnson, do not make a farce of thanking God for a dinner which in a few minutes you will pronounce not eatable.'"

We cannot wonder at the wrath of the citizen, when returning to his home punctually at the dinner hour, he finds the ample materials which he has furnished, rendered uneatable by neglect and bad cookery ; indignation and wrath are but usual and natural consequences, when the expectant thus finds, that instead of good cheer, he must dine with "Michael Hodge," or fare like the "Bermecide." If such an occurrence, however, be only occasional in his household, an exception, and not the rule, let him be temperate in his wrath ; reflecting that an untoward accident, an unexpected interruption, or some other unavoidable circumstance, may have been the cause of the failure ; causes which may

have been as much beyond control, as those which have defeated many of his own well-devised plans for increasing his worldly goods, or for obtaining the honors and emoluments of political preferment.

*The Dinner Hour.*—Although among the business and laboring classes of community, the hour for dining has always been at *mid-day*, among the circles of fashion there have been many changes respecting it; the hour which in one period or century was considered highly fashionable, becoming in another period vulgar, and changed for another. Thus in France in the thirteenth century, *nine* o'clock was the dinner hour, of which there is a saying extant:—

“Lever à cinq, diner à neuf,  
Souper à cinq, coucher à neuf.”

*Ten* was the appointed time a century later, at which dinners were served both in France and England. In the fifteenth and sixteenth centuries, *eleven* was the fashionable hour. The hour continued to advance, till in Addison's time, *two* o'clock is mentioned. Thirty years later, it was *three*, and so it has advanced until now the fashionable dinner is partaken of at any of the hours between *five* and *nine*; the moderns imitating in this respect the ancients, who took their second meal at evening.

The fashionable world in thus appointing so late an hour for their dinner, have been obliged to recognize another meal, to be eaten in the middle of the day, and which, though it is entitled “*luncheon*,” is nothing less than an unceremonious dinner. Mrs. Stowe speaks of it as such when alluding to a lunch at the Duchess of Sutherland's. She says, “The dinner which comes after it at eight or nine in the evening, is in comparison only a ceremonial proceeding. At lunch, every thing is placed upon the table at once, and ladies sit down without removing their hats; children are also admitted at the table even in the presence of company.”

Willis, in speaking of lunch in England, says, "At two o'clock, a dish or two of hot game, and a profusion of cold meats were set on the small tables in the dining-room, and everybody came in for a lounging half meal, which occupied perhaps an hour."

*Dining Halls.*—Among the luxuries of Lucullus are mentioned his various banqueting-rooms, each of which was named after one of the gods. The entertainments which he gave were different in kind, and to each apartment was assigned its peculiar feast, so that he had only to say to his servants that he would dine in a certain banqueting-room, and they understood perfectly what they were to prepare for the entertainment. Cicero and Pompey attempted on one occasion to surprise him, and were astonished at the costliness of a feast which had been prepared upon the simple remark of Lucullus to his servant that he would sup in the hall of "Apollo." The Emperor Claudius named one of his banqueting-halls, which was of rare splendor, after Mercury.

The magnificence of Nero in this respect, exceeded all others. In his palace called the *golden house*, the whole building being covered with gold, enriched with pearl and precious stones, he caused the roof of one of the banqueting-rooms to resemble the firmament, both in figure and motion, turning incessantly about, night and day, exhibiting new appearances as the different courses in the feast were removed. By means of this motion, also, the attendants could at pleasure make it rain down a variety of sweet waters or liquid perfumes. At one feast alone, 100,000 crowns were expended in these perfumed waters.

In striking contrast with these magnificent Roman banquet-rooms, we will mention the dining-halls of our English ancestors in the feudal days. The grand hall of the castle was used entirely as the dining apartment, ornamented only in its severe Gothic style, and hung about with armor and various warlike weapons, as well as trophies of victory in the chase. In some

of the princely mansions built in Henry VIII.'s reign, there is a gallery in the great hall, which extends its whole length, in which the lord and lady of the mansion, and their guests, assembled to witness the merry-makings of their retainers below. Here the mumming, the loaf stealing, and other Christmas sports were performed. The hearth was commonly in the middle; hence the saying, "Round about our coal fire." The floors of these halls were of clay, strewn with rushes, under which lay sometimes for a long time a collection of beer, grease, fragments from the table, bones, etc. Even amongst the nobility, who were extravagant in dress, excessive in banquets, and expensive in their trains of attendants, were found the same negligence and want of neatness in this particular. A large wooden knife, called the "voiding knife," was used after every meal to scrape from the table the bones, etc., which remained after eating, all of which refuse fell upon the floor to be trodden among the rushes, or scrambled for by the dogs. The practice of strewing the floor with rushes is alluded to in the diary of Margery, daughter of Sir Thomas More.

"Gonellius ask't leave to see Erasmus, his signet ring, which he handed down to him. In passing it back, William, who was occupied in carving a crane, handed it soe negligentlie, that it fell to y<sup>e</sup> ground. I never saw such a face as Erasmus made when 'twas picked out from y<sup>e</sup> rushes! And yet ours are renewed almost daylie, which manie think over nice."

At the upper end of the hall was a raised floor, which was sometimes carpeted, forming an apartment a little distinct from the main hall; and at the table which crossed the dais, as this place was called, were seated the lord, his family and chief guests, while the inferiors and dependents ate at the lower table, which extended the length of the hall.

A cistern was formerly an important part of the furniture of a well-appointed dining-hall; the plates were rinsed in it when necessary during the meal. A magnificent silver cistern is still

preserved in the dining-room of Burghley House, the seat of the Marquis of Exeter. Pepys mentions in his diary, that he purchased a pewter cistern for his dining-room.

When the Italian custom of using the hall as a vestibule came into practice in England, it ceased to serve as a dining apartment; and from that time a particular room in the mansion was set apart for this use.

*Dining Tables.*—The forms of tables have varied as fashion, necessity, convenience, or caprice dictated. The tables of the ancients were arranged either in the form of a semicircle or three sides of a square; around the outside of which the guests reclined upon couches, leaving the space within open to the servants.

The English Barons of feudal days had their tables in the form of the letter T. King Arthur's famous "*round table*" is said to have been chosen that his knights might not quarrel for precedence; and Louis XV., of France, invented a round table, the centre of which descended by machinery to a lower floor, so that supper might be served and removed without the presence of servants.

We have at the present day, the square, the oblong, the oval, the round, and the extension table, all of which are approved, though the three latter are esteemed the most elegant. Small lacquered tables, about a foot in height, are used among the Japanese, as they do not sit on chairs, but crouch upon the floor. The tables of the Chinese shine with a beautiful varnish, and are covered with silk carpets very elegantly worked.

The Turks use *no tables* when eating, but place a small stool in the middle of the floor, upon which a large tray with the eatables is set. They seat themselves around it, lifting up a large napkin which is upon the stool, and spreading a part of it over their laps as they draw near it.

We cannot refrain from mentioning what Pliny describes as

his table, when supping in the garden of his Tuscan villa. "At the upper end is an alcove of white marble, shaded with vines, supported by four small Carystian pillars. From the bench, or triclinium, (a species of couch on which the Romans reclined to eat,) the water, gushing through several little pipes, as if it were pressed out by the weight of the persons who repose upon it, falls into a stone cistern underneath, whence it is received into a fine, polished marble basin, so artfully contrived that it is always full without ever overflowing. When I sup here, this *basin serves for a table*, the largest sort of dishes being placed around the margin, while the smaller ones swim about in the form of little vessels and waterfowls."

*The Dinner Party.*—To dine well in private, at home, there are a few requisites, among which we will name as foremost, that the meats be well cooked and well served, the accompanying dishes be appropriate to the meats, that all be served with neatness and care, and particularly that all be served *hot*. Also that the dinner be punctual to the hour; and last, *not least*, that a spirit of love and harmony prevail among the members of the household.

In the receipts which appear in ensuing chapters of this work, we have given directions for the cooking of the various dishes included in dinner, after the manner generally agreeable to the English and American taste. An attention to these rules will enable a private family to dine well always.

To give a *dinner party*, however, or to *dine well in company*, requires many more essentials. There must be added an agreeable and well-adapted company of guests, ease and confidence on the part of the host and hostess, well trained and experienced servants, a spacious dining-room, and ample means to purchase the rarities and delicacies of the season. To combine all these essentials is a somewhat difficult undertaking, and therefore to give what is called a *stylish dinner* in fashionable life, is one of

the greatest trials to an inexperienced housekeeper. It is folly on her part, and great want of consideration in her husband, to undertake it; for mortification and failure are sure to be the result. An *unpretending* dinner, however, she may give, in which, consulting the means at her command, she should aim at nothing which she does not fully understand, and which she cannot do with perfect confidence in its success; particularly regarding the old rule among cooks, never to try a new dish when company is expected. Every arrangement which requires her personal attention, should be made at an early hour, that she be not anxious and care-worn when the dinner hour arrives; for the cheerful welcome she is to give to her guests, is no insignificant part of the entertainment.

Although, as we have before observed, it is difficult to combine all the essentials required for an *elegant* and *agreeable dinner party*, yet as there are persons who have it in their power to accomplish this, we shall consider it in some of those particulars which are necessary for success, premising, however, that there must be first, experience and familiarity with the forms and usages of society.

One of the first points of importance is a *judicious selection of guests*. "Gather at your table only such persons as can sympathize in thought and feeling," was a saying of M. De Cussy, who fully understood the art of making his dinners attractive. Select your guests with a view to the general pleasure; bringing together those who wish to become acquainted,—who will be agreeable to each other, and agree in taste and sentiment. If you neglect this rule, you will be unable to inspire the guests with cheerfulness, conversation will be restrained, or disagreeable differences of opinion will arise which may mar all the pleasure of the company. An English writer says:—

"When you invite company, take care that no more eager talkers are introduced, than are absolutely necessary to prevent

conversation from flagging. *One* to every six or eight persons is the utmost that can safely be allowed. It is necessary, however, both that one or two good conversationists should be at every party, and that the strain of the conversation should not be allowed to become too tame. In all invited parties, eight of every ten persons are disposed to hold their peace, or to confine themselves to monosyllabic answers to commonplace inquiries. It is necessary, therefore, that there should be *some* who can speak, and that fluently, if not entertainingly, only not *too* many."

Boswell once complained to Dr. Johnson of having dined at a splendid table, without hearing one sentence of conversation worthy to be remembered. "Sir," said Johnson, "there seldom is any such conversation." "Then why meet at table?" asked Boswell. "Why," answered Johnson, "to eat and drink together, and to promote kindness; and this, sir, is better done where there is no conversation; for where there is, people differ in opinion, and get into a bad humor; or some of the company who are not capable of such conversation, are left out, and feel themselves uneasy." Johnson ate enormously, and did not like to be interrupted in the enjoyment of it, and being very rough and churlish to those who differed from him upon any subject, he had often in his own case perceived that the harmony of the company was destroyed by the discussions. To follow out his idea, however, would convert an agreeable occasion for pleasant intercourse into one of those

"Dinners of form I vote a bore,  
Where folks who never met before,  
And care not if they ne'er meet more,  
Are brought together:  
Crammed close as mackerel in their places,  
They eat with Chesterfieldian graces,  
Drink healths, and talk with sapient faces  
About the weather."

The tastes and humors of the guests must also be considered



as far as possible ; for these are numerous and vary in kind and degree.

For wealthy palates there be that scout  
 What is *in* season for what is *out*,  
 And prefer all precocious savor ;  
 For instance, early green peas, of the sort  
 That costs some four or five guineas a quart,  
 Where the *mint* is the principal flavor.

HOOD

One loves the pheasant's wing, and one the leg ;  
 The vulgar boil, the learned roast an egg ;  
 Hard task, to hit the palates of such guests,  
 When Oldfield loves what Dartineuf detests.

POPE.

Gorgonious sits, abdominous and wan,  
 Like a fat squab upon a Chinese fan ;  
 He snuffs far off the anticipated joy ;  
 Turtle and venison all his thoughts employ.

COWPER.

Some fretful tempers wince at every touch ;  
 You always do too little or too much ;  
 Serve him with venison, he chooses fish ;  
 With sole, that's just the sort he would not wish ;  
 He takes what he at first professed to loathe,  
 And in due time feeds heartily on both.

COWPER.

Lord Byron was one of these capricious guests ; for when dining on one occasion at Mr. Rogers' to make a reconciliation with Thomas Moore, "neither meat, fish nor wine would he touch ; and of biscuits and soda water which he asked for, there had been unluckily no provision. He professed, however, to be equally well pleased with potatoes and vinegar ; and of these meagre materials contrived to make a hearty dinner. The cause of Byron's caprice was his fear of becoming too corpulent."

A second important consideration, and one without which no dinner can pass off well, is to have *well trained, experienced* and

*reliable* servants. Do not attempt a dinner unless you have at your command, servants, who understand every particular of their business ; a cook upon whom you can rely, and table servants who know the proper place for every thing, and how to bring in each course quietly and in order. Where your own servants are well trained, they will perform your wishes much better than any aid which you may call in for the occasion ; for the new comers, even if you be so fortunate as to get those who are fully competent and understand all you wish to have done, may not act in concert with your regular domestics, and thus may cause you much anxiety, if not confusion. Foreign aid, too, is difficult to be obtained just when you are most in need of it, and often costs you much time and strength. Pepys in his "Diary," tells us of his efforts in search of a cook when about to have a company of lords and ladies to dinner, which is a fair representation of the same difficulties now. "To Mrs. Turner's and did get her to go along with me to buy some new pewter against to-morrow ; and thence to White Hall to have got a cook of her acquaintance, the best in England, as she says. But after we had with much ado found him, he could not come, nor was the gentleman in town whom next I would have had ; nor would Mrs. Stone let her man Lewis come, whom this man recommended to me, so that I was at a mighty loss what to do for a cooke, Philips being out of town. Therefore, after staying here at Westminster a great while, we came back to London, and then to Philips', and his man directed us to Mr. Levett's, who could not come, and he sent to two more, and *they could not* ; so that at last Levett *as a great kindness* did resolve he would leave his business and come himself, which set me in great ease in my mind." The want of experienced servants is greatly felt in all American families. This deficiency compels the lady herself to perform many fatiguing offices when preparing for guests, all of which unfits her for that ease and calmness which is necessary in

a hostess. American ladies, laboring under such a disadvantage, should not attempt to give such entertainments as require system, order and knowledge on the part of the servants. In spite of their own great personal efforts, some failure is very likely to take place ; and if by great good fortune they escape this mortification, they do not escape the consequences of the complete overtaxing of their own nerves and strength, which their multifarious duties have involved. Mrs. Stowe says, " Who is not cognizant of dinner parties invited, in which the lady of the house has figured successively as confectioner, cook, dining-room girl, and lastly, rushed up stairs to bathe her glowing cheeks, smooth her hair, draw on satin dress, and kid gloves, and appear in the drawing-room as if there were nothing the matter ? Certainly the undaunted bravery of our American females can never enough be admired. Other women can play gracefully the head of the establishment, but who, like them, could be head, hand, and foot all at once ? "

Provided with experienced and reliable servants, the hostess still should not abandon all to their management, but exercise a supervision over them, that she may feel confident of success. There are a few points upon which she should be *certain* that all is right. M. Brillat Savarin says, " The mistress of the house should always assure herself that the *coffee* is *excellent*, and the master that the *wines* are of the *best quality*." He also adds, " He who does not bestow personal attention to the repast provided for his friends, is not deserving of friends."

The cheerfulness and enjoyment of the guests are greatly promoted by *ease and calmness on the part of the host and hostess*. They meet not merely to eat and to drink, but to exchange kindly feelings, and enjoy agreeable conversation, which an appearance of anxiety in their entertainers greatly hinders. After making every reasonable provision for their entertainment, and secured yourself as far as possible against mistake or accident,—lay aside all anx

ity, and with confidence that every thing will go on properly, devote yourself to attending to their amusement and pleasure. John Hancock's coolness when a servant let fall a splendid *epergne* which was shivered to atoms,—is worthy of imitation. “Break as many dishes as you please, John,” said he, “but don't make such a confounded noise about it.”

Lady Blessington was accomplished in the art of entertaining. Of a dinner, at her house, Willis writes,—“The soup vanished in the busy silence that beseems it, and as the courses commenced their procession, Lady Blessington led the conversation with the brilliancy and ease for which she is remarkable over all the women of her time. Talking better than any body else, and narrating, particularly, with a graphic power that I never saw excelled,—this distinguished woman seems striving only to make others unfold themselves; and never had diffidence a more apprehensive and encouraging listener.”

It is impossible to give any precise rules for the dinner itself; the number of courses, the variety of dishes, etc., which would be applicable to all places. The forms and usages of the society in which each person moves, are the best guides in this respect; for a dinner, or any other entertainment, is in the best taste, when it is adapted to, and consistent with the sphere and position in life to which a person belongs. Too grand a display is as absurd, as too limited a one is mean.

There are persons however, to whom the following rules may be of service, which we present from a recent writer in a London journal:—

Let a lady ask her guests to dinner at quarter to eight (or seven, as the case may be), and let the dinner be announced, *coûte qui coûte*, at eight.

Let the guests in no case exceed ten in number, if there are ladies; if only gentlemen, the Roman rule, “no more than the muses.”

Let the lady settle every seat beforehand, and let the husband direct each guest in succession to the proper seat.

Let her have a round table.

Let her have chairs with spring-seats and spring backs, quite unlike ordinary dinner chairs.

Let her table be covered, not with the bottoms of wretched side-dishes, of which the tops are wanting, but (apart from the usual accompaniments of silver, linen, and multi-colored glass) with a grouped abundance of flowers, green leaves, French painted moss and fruit according to the season.

Let these be arranged, if possible, among Dresden or Sevres productions, with a statuette here of a corbeille-bearing child, (which corbeille fill with grapes,) and another there of a shepherdess with strawberries or a pine in her apron; but, if these are not forthcoming, there are few houses where dinners are given that have not some pretty objects in silver, biscuit, or the like, to set off a table, and even an ordinary dinner-service may be made to look very pretty with the accessories of flowers, moss, cakes and fruit.

The two main objects of dessert (beyond those portions of it which will be removed from the table at intervals to form part of the dinner) are its fragrance and its effect by way of ornaments. After dining properly, no one thinks, or ought to think, of stuffing dessert; and, with the exception of such parts of the dessert as naturally come in during dinner (and this I invariably make to embrace a good deal), as melon with roast lamb, *marrons* with capon, olives with ducklings, pine with *volaille sauté au suprême*, etc., few persons worthy of dining will do more than "taste" dessert after dinner.

Let the room have an overflowing light without heat, but not too much light on the table.

Let the table, arranged with such an *entourage* as I have mentioned, have on it one vacant spot—and one alone—and that one before the host.

Let the lady obtain a number of blank *menus*, (bill of fare,) and let each guest find one of these *menus* (carefully filled up in a lady's hand, and setting out coming dinner) on his napkin before his seat, and if there should be a rose or a bunch of violets by its side it will only add to the beauty of the table, and still more increase the particular effect to be attained, which is as follows:—When conversation momentarily flags in any quarter, you will see the silent or stupid guest at once fly to his *menu*, or his rose, which are always there before him, and it is astonishing how soon he revives and joins again in the conversation. The pause is so much better occupied than by the ordinary process of munching bread.

Let the dinner be served *à la Russe*—one dish at a time, and only one—one soup, then one fish, and so on. The mistakes of ordinary dinners are too absurd to mention. You see two soups and two fish, the former often cold, the latter sure to become so while you are eating the former, and not one of the four properly adapted for any other. Then you see (as you graphically describe it) two great dishes and four or six side dishes, all prepared at once, all coming up together, all rapidly losing their first and proper flavor, and the former of which (a saddle of mutton and chickens!), if not cold already, must become cold while

the latter are being handed about to everybody in the most incongruous confusion, one which, perhaps, you would like, passing by because at the time you are eating another, a *vol au vent* offered you just as you finish *boudin de veau à la Richelieu*; a third, which you instinctively feel is the proper thing at that crisis, and unseen by you heretofore, replaced on an empty stand before you at the moment the saddle is uncovered, and it is too late; and a thousand similar absurdities—each dish probably very good, perhaps done by a real *chef*, but from the combined want of heat and of head, the whole is an inextricable *podrida*, which is not “dining.”

Let, then, the dinner be served as I have mentioned, one dish at a time, and only one. In dining there is no choice. After one dish comes the proper dish. When offered to you, omit it, if you like; you may injure the edifice; but don't substitute it for another, which will also spoil all that comes after. Connoisseurs know that the true art, the difficult secret of each *cuisine*, are “sauces” and their attributes. Let me taste the productions of any cook in the way of three or four foundation sauces, as *Espagnol*, *Bechamel*, *veloute*, etc., and I will soon tell you if he is worthy to be, or ever will be, a *chef*. By consequence one of the secondary difficulties is “soups.” Now, of course, it is impossible here to go at length into the interior of those *menus*, (varied as they ever must be,) which I have recommended should be written out in a ladylike hand for each guest; but there are two or three things which, if ladies will learn, they soon know how to fill up their *menus* for themselves. Let them know, then, that the main importance of dinner consists, or ought to consist, in the *entrées*, those hapless side-dishes for which they, the ladies, so often think any thing will do. The importance of the *entrées* again entirely consists in their sauces, (not necessarily foundation sauces, but probably deductions from them;) and according to the two or three distinguishing sauces which are adapted for the best forms of the different materials the season of the year allows for *entrées*, ought to be regulated both the earlier and later parts of the dinners. Let a lady and her cook then devise how many, and what *entrées* there shall be; and that being settled, let them think on the one hand, of what fish is in season and how to be dressed, whose sauce will not depend on the *entrées*, and what soup they can give, whose *consomme* or stock shall not be made of the *entrée* sauces; and, on the other hand, let them travel in the opposite direction, and think what *relevés* and *rotis*, and how dressed; and, lastly, what game (the latter generally an easy choice) will best accord with the taste generated by, and yet be totally distinct from, the two or three leading sauces. In fact, begin with the middle of your dinner, and work outwards both ways.

I very much doubt the existing routine being capable of much improvement, except the modifications I shall mention hereafter. You may begin with oysters if you like, (a good thing, never exceeding from four to six,) or with any other *hors d'œuvre* of the same wooing nature, (the Romans began with eggs;) but next to any such *appas* I am satisfied the true foundation of dinner is soup.

Soup used to come in as the fourth course, reigning Queen Anne, but without being *médecins malgré nous*, in a century and a quarter *nous avons changé tout ça*.

Again, I only give one fish *as fish*, and that invariably after the soup. Other fish may come in as *entrées* after an interlude, but this again ranges to the higher branches of art. The Germans will give you many a fish *au naturel* after dishes such as stewed veal and the like; but such things are barbarous, and in this country at least, no one dines so well as with the ordinary and natural sequence of fish after soup.

Let each dish (where necessary) between the fish and the *relevés*, be accompanied by its peculiar vegetable, and for ordinary English tastes you must have potatoes as well. As to this, I have generally at hand for all the softer kind of *entrées*, a *gâteau aux pommes-de-terre*, almost as fine and light as sponge-cake, and made of potatoes, cream, etc.; and for the severer class of *entrées*, *pommes-de-terre frites*, *maitre d'hotel*, etc., as the case may be. Plain potatoes (one of the best things in the world) are perfect with a few *relevés* and some *rotis*, but there are very few *entrées* that they will not absolutely and irretrievably annihilate. Let one of a lady's first lessons be to make a potato-cake.

Let there come on after the game (and this invariably) one or two vegetables, by themselves. These must be particularly attended to, and many of them, as *salsifis à la poulette*, *artichaux à la Bordelaise*, or *à la Barigoule*, require some little trouble. Still, provided they are not a recurrence of any thing gone before, the lady will find the trouble not misapplied, for they are the natural path leading to the *entremets*, and if they are good and appropriate, the *entremets* which follow, (and which have generally given her so much trouble heretofore,) need never be more than two in number.

Let the *entremets* then succeed, and in the case of a dinner such as I have attempted to portray, one at least of those two *entremets* should always be of a light nature. A first-rate *soufflé* is very good for the second one; and if of *vanille* will suit most dinners. Never have a chocolate *soufflé* where a leading sauce has been *à la Batelèvre*.

Finish between the months of October and May, with caviare on buttered toast.

Let the host carve each dish in succession, except the final ices. This is not too much to do if the number does not exceed ten. Let the quantity given be small, and, above all, let the hot plates for each dish come in with the dish. Of course the dishes may be carved on the sideboard, but I have never found a dinner go off so well. Anything which gratifies the sight, "tells;" and each dish in succession ought to be a really pretty object. Supposing guests to be hungry, (and why dine if you are not?) each dish, when uncovered, and still more when tasted, ought to be the very thing which the prior part of the dinner has led you at that moment to desire, and I have found this effect is quite lost, if nothing is seen but a small portion on the plate.

Now, let any lady who has read so far, sit down and calculate. She will have given one soup, one fish, three or four *entrées*, (never more,) one *relevé*, one *roti*, one game, (generally enough, unless you have *ortolans* or *beccaficos* for a second,) two *legumes*, and two *entremets*, in all 12 or 13 *plats*, and equally 12 or 13 courses. She will have probably saved five substantial dishes at least; besides I don't know how many other *entremets* and absurdities. She will have given a dinner in which each dish is in its best "form;" in which are avoided the awkward cessations from all action and conversation, which so often occur during the change of the courses, and, (correctly done,) she will have improved her husband's temper, and gratified every guest she has. She will have done more—she will probably decrease the length of her dinner, while she certainly renders it far less tedious, and she will (without fail, if she can succeed in one other point) shorten the time that the gentlemen sit alone after the ladies are gone.

Having considered the dinner-party in its various points, we will now illustrate that spirit of *true hospitality* which is the charm of all social life, and which, while it is perfectly compatible with wealth, elegance, and refinement, is yet independent of all these circumstances, and may shine as truly at the humble table of the lowly, as at the sumptuous board of the wealthy and noble.

#### EVE'S REPAST FOR THE ANGEL-GUEST.

With despatchful looks, in haste  
 She turns, on hospitable thoughts intent;  
 What choice to choose for delicacy best,  
 What order, so contrived as not to mix  
 Tastes not well join'd, inelegant, but bring  
 Taste after taste upheld with kindest change;  
 Bestirs her then, and from each tender stalk  
 Whatever Earth, all-bearing mother, yields  
 In India, East or West, or middle shore  
 In Pontus or the Punic coast, or where  
 Alcinous reign'd, fruit of all kinds, in coat  
 Rough, or smooth rind, or bearded husk, or shell,  
 She gathers tribute large, and on the board  
 Heaps with unsparing hand; for drink, the grape  
 She crushes, inoffensive must, and meaths  
 From many a berry; and from sweet kernels press'd  
 She tempers dulcet creams; nor these to hold  
 Wants her fit vessels pure; then strows the ground  
 With rose and odors from the shrub unfumed.



Raised of grassy turf  
 Their table was, and mossy seats had round ;  
 And on her ample square, from side to side,  
 All autumn piled, though spring and autumn here  
 Danced hand in hand.

MILTON.

## TELEMACHUS' RECEPTION OF MINERVA.

The stranger-guest the royal youth beheld ;  
 Grieved that a visitant so long should wait,  
 Unmarked, unhonored, at a monarch's gate,  
 Instant he flew, with hospitable haste,  
 And the new friend with courteous air embraced.  
 "Stranger, \* \* \* \* \*  
 Approach the dome ; the social banquet share,  
 And then the purpose of thy soul declare."

"An Arab chief in the days of Nowshirwaun, possessed a horse, marvellous for its beauty and speed, the wonder and pride of Arabia. The king, who had heard of this horse, sent a nobleman of his court to purchase it. The emissary arrived at his tent, when every item of household stores, his camels, sheep, goats, and even horses, had been consumed in hospitality. The beautiful Arab horse alone remained. Hautim's heart bled for his steed, as, without hesitation, he slew him to feed his guest. The next day the emissary opened his mission, by stating that he was sent by the king to purchase, at any price, Hautim's steed. "I deeply regret," answered Hautim, "that you did not at once intimate your purpose ; you ate the flesh of my horse last night. It was the last animal left me, and my guest had a right to it."

"And touching the guiding of thy house, let thy hospitality be moderate, and according to the means of thy estate ; rather plentiful than sparing, but not costly. For I never knew any man grow poor by keeping an orderly table. But some consume themselves through vices, and their hospitality bears the blame. Bannish swinish drunkards from thine house, which is a vice im

pairing health, consuming much, and makes no show. Beware thou spend not above three of four parts of thy revenues ; nor above a third part of that in thine house, for the other two parts will do no more than defray thy extraordinaries ; which always surmount the ordinary by much ; otherwise thou shalt live like a rich beggar in continual want.”—*Precepts addressed by Lord Burleigh to his son, Robert Cecil, afterwards Earl of Salisbury.*

But ancient friends, (tho' poor or out of play,)  
That touch my bell, I cannot turn away.  
'T is true, no turbot's dignify my boards,  
But *gudgeons, flounders*, what my Thames affords ;  
To Hounslow-Heath I point, and Banstead-Down,  
Thence comes your *mutton*, and these *chicks* my own ;  
From you old *walnut tree* a shower shall fall,  
And *grapes* long lingering on my only wall,  
And *figs* from standards and espalier join ;  
The devil is in you if you cannot dine.

POPE.

May Heaven (it's all I wish for) send  
One genial room to treat a friend,  
Where decent cupboard, little plate,  
Display benevolence, not state.

MATTHEW GREEN.

“ I pray you, O excellent wife, cumber not yourself and me to get a curiously rich dinner for this man or woman who has alighted at our gates, nor a bed-chamber made ready at too great a cost ; these things, if they are curious in them, they can get for a few shillings at any village ; but rather let the stranger see, if he will, in your looks, accent, and behavior,—your heart and earnestness, your thought and will, which he cannot buy at any price, in any city, and which he may well travel twenty miles, and dine sparingly, and sleep hardly, to behold. Let not the emphasis of hospitality lie in bed and board ; but let truth, and love, and honor, and courtesy flow in all your deeds.”

*Over-strained Politeness, or vulgar Hospitality.*—As soon as

I entered the parlor, they put me into the great chair that stood close by a huge fire, and kept me there by force until I was almost stifled. Then a boy came in a great hurry to pull off my boots, which I, in vain opposed, urging that I must return soon after dinner. In the mean time, the good lady whispered her eldest daughter, and slipped a key into her hand. The girl returned instantly with a beer glass half full of *aqua mirabilis* and syrup of gilly flowers. I took as much as I had a mind for, but Madam vowed I should drink it off, and I was forced to obey,—which absolutely took away my stomach.

When dinner came in, I had a mind to sit at a distance from the fire; but they told me it was as much as my life was worth, and set me with my back against it.

Although my appetite was quite gone, I resolved to force down as much as I could, and desired the leg of a pullet. “Indeed, Mr. Brickerstaff,” says the lady, “you must eat a wing to oblige me;” and so put a couple on my plate. I was persecuted at this rate during the whole meal. As often as I called for small beer, the master tipped the wink, and the servant brought me a brimmer of *October*. Some time after dinner, I ordered my man to get ready the horses, but it was resolved I should not stir that night, and when I seemed pretty much bent on going, they ordered the stable door to be locked, and the children hid my cloak and boots.

The next question was, what would I have for supper? I said, “I never eat any thing at night;” but was at last, in my own defence, obliged to name the first thing that came into my head. After three hours spent chiefly in apologies for my entertainment, insinuating to me “that this was the worst time of the year for provisions; that they were afraid I should be starved, and they knew they kept me to my loss,” the lady went, and left me to her husband (for they took special care I should never be alone).

Exactly at eight, she came back, and I discovered by the redness of her face, that supper was not far off. It was twice as large as the dinner, and my persecution doubled in proportion. They importuned me to drink something before I went to bed; and on my refusing, at last left me a bottle of stingo, for fear I should wake and be thirsty in the night. I was now resolved to get away, and after sitting down to a monstrous breakfast of cold beef, mutton, neat's tongues, venison pasty, and stale beer, took leave of the family.

It is evident that none of the absurdities I met with in this visit proceeded from ill intention, but from a wrong judgment of complaisance, and a misapplication of the rules of it.—DR. JOHNSON.

INVITATION TO DINNER, BY THOMAS MOORE.

*(Addressed to Lord Lansdowne.)*

Some think we bards have nothing real;  
 That poets live among the stars so,  
 Their very dinners are ideal,—  
 (And Heaven knows, too oft they are so;)  
 For instance, that we have, instead  
 Of vulgar chops, and stews, and hashes,  
 First course—a Phœnix at the head,  
 Done in its own celestial ashes;  
 At foot, a cygnet, which kept singing  
 All the time its neck was wringing.  
 Side dishes, thus: Minerva's owl,  
 Or any such like learned fowl;  
 Doves, such as heaven's poulterer gets  
 When Cupid shoots his mother's pets.  
 Larks, stewed in morning's roseate breath,  
 Or roasted by a sunbeam's splendor;  
 And nightingales, berhymed to death,  
 Like young pigs, whipped to make them tender.

Such fare may suit those bards who 're able  
 To banquet at Duke Humphrey's table;

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But as for me, who've long been taught  
To eat and drink like other people,  
And can put up with mutton, bought  
Where Branham rears its ancient steeple—  
If Lansdowne will consent to share  
My humble feast, though rude the fare,  
Yet, seasoned by that salt he brings  
From Attica's salinest springs,  
'T will turn to dainties; while the cup  
Beneath his influence, brightening up  
Like that of Baucis, touched by Jove,  
Will sparkle fit for gods above!

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## SOUPS.

IN making soups from *raw* beef, lamb or veal, first break the bones apart, and lay them in the pot, with an ounce of butter for every pound of meat, a slice or two of lean bacon cut small, salt, pepper, and a cup of water. Put it over the fire; when boiling, stir round with a spoon, for about ten minutes, or until it forms a whitish, thick gravy at the bottom, or gets rather dry; then add cold water, five pints for every two pounds of meat; when boiling, let it simmer gently for three quarters of an hour; skim it well, when it cools take off the fat from the surface, pass it through a sieve; it will then be ready to add vermicelli, rice, or whatever vegetables you may choose, as peas, carrots, potatoes, onions, parsley, etc. A variety of soups may be thus made from this stock.

*Pea-Soup.*—Soak over night, one cup of split peas, for two quarts of the soup prepared as above; when added to the soup set the latter over a moderate fire, and stir it frequently, or the peas will settle upon the bottom and burn. Cook two hours or more, until the peas are well rubbed into the soup.

Peas make an excellent addition to a soup made from a bone of *roast* beef which is well boiled after being broken. Season to your taste.

*Nudels for Soup.*—Two or three eggs should be beaten with a little salt. Stir the eggs into flour until you make as stiff a paste as you can roll out. Divide the dough into two or three parts, and roll each out as thin as possible, the thinner the better, flouring your rolling pin to make it roll smoothly. After rolling out one crust, leave that upon your board to dry, while you prepare another, letting them stand half an hour at least; an hour if you have time, for the drying is important. After this, fold each crust in one long roll, and cut off shreds as thin as possible. Shake these apart, and let them also dry a little; it will make them lighter, and prevent their sticking together in the soup.

After your soup is strained and nearly ready to be served, drop the nudels in, and boil twenty minutes. If the above quantity be more than you wish to use at one time, you can keep part of them in a cool dry place, for a few days. Some persons make them last a fortnight, but they are not generally as good as when fresh. They can be made with less eggs, by using a little milk instead, but are not as good as by the above rule.

The famous Sir Samuel Moreland's coach had a fire-place and grate, with which he could make a soup, broil cutlets, and roast an egg; and he dressed his meat by clockwork.

Beau Brummel speaking of a man, and wishing to convey his maximum of contemptuous feeling about him, said, "He is a fellow, now, that would send his plate up twice for soup!"

*Beef Soup.*—A good beef soup is made by taking a shank of beef, cutting it into two or three pieces, and boiling slowly for three hours. Take out the meat and bones, and set the pot away

to cool ; when cold, skim the fat from the surface, put the pot over the fire again, and, when hot, add what vegetables you choose. Season to your taste, and, fifteen minutes before serving, add dumplings, (made by stirring flour into one beaten egg and a cup of milk, making it stiff.) Drop these in while the soup is boiling, but do not cover the pot after they are in. When they rise to the surface, turn them over.

*Gumbo Soup.*—Okra forms an important ingredient in this soup, so much in use at the South. The okra should be grown in a warm, rich soil, and picked for use when in its soft, milky state, like corn. It colors the soup dark if allowed to grow firm before picking.

Prepare a good chicken or lamb soup, and stir into it the okra, which thickens and forms the mucilage so pleasant in the soup. Or slice a chicken or turkey (previously boiled) into shreds, add to them slices of salt pork cut into bits ; put them over the fire in water, add butter, spices, chopped celery, onion, if you like, and thicken with the okra, stirring it a long time.

*In drying okra* for winter use, pick the pods in their tender state, as if for immediate use ; cut them into slices (across) half an inch thick, spread them on a board, or string them, and then dry them in an airy place, after which put them away in paper bags for winter use.

“Luttrell (a famous diner out) came over for the day ; he was very agreeable, but spoke too lightly, I thought, of veal soup. I took him aside, and reasoned the matter with him, in vain ; to speak the truth, Luttrell is not steady in his judgments on dishes. Individual failures with him soon degenerate into generic objections, till, by some fortunate accident, he eats himself into better opinions. A person of more calm reflection thinks not only of what he is consuming at that moment, but of the soups of the

same kind he has met with in a long course of dining, and which have gradually and justly elevated the species.”—SYDNEY SMITH'S *Letters*.

*Chicken and Lamb Soups*.—Chicken and lamb soups, made simply by boiling the chicken or lamb until very tender, adding a little rice towards the last, are very excellent and nutritious for invalids. If you add to the chicken soup some chopped parsley, and the following dumplings, it will improve it. For dumplings, scald nearly a pint of milk, thicken it with flour previously wet with *cold* milk, let it cool, beat two eggs light, and stir them into it; make rather a stiff batter, and drop by spoonfuls into the soup; let them boil only three minutes. *Or*, instead of the dumplings, add the *nudels* (vermicelli), which should boil half an hour.

*Oyster Soup*.—Take the oysters out of their liquor with a fork, and then strain the latter to remove any shells. To a quart of oysters and their juice, add a pint of cold water, and nearly a cup of butter, a little salt, and considerable pepper. Cook slowly, stirring carefully, that the heat may penetrate all equally. In one minute after they come to the boil, they are done. Then serve hot, either with crackers or buttered toast.

*Soupe à la Cussy*.—“Choose twenty small onions; pull off the outer skin; cut them up in a stew-pan, with a piece of fresh butter and a little sugar. Turn them until they are a beautiful golden color; then wet them with some broth, and add the quantity of bread necessary. When you serve the soup, add two small glasses of cognac brandy.

“For fasting in Lent, M. De Cussy prepared for himself this soup, and he ate a fine dish of it. If any friend came in unexpectedly, he had in reserve in his closet a piece of salmon and a



bunch of asparagus. It was thus I dined with him on Tuesday in Holy Week."—M. ROQUES.

*Mock Turtle Soup (German mode).*—Bone a scalded calf's head, boil it for a quarter of an hour in a great deal of water, then cool it in cold water, and now cut it into lozenges about an inch thick. Put these into a suitable stew-pan, pour soup-stock over it, and boil it for two hours, till done.

Now take a head of celery, two carrots, an onion, a parsnip, all cut into slices, three ounces of butter, and three table-spoonfuls of flour, and brown them gently in a pan with two spoonfuls of brown broth, and two spoonfuls of soup-stock; add to this, thyme, sweet-basil, (which gives a peculiarly delicate flavor,) and ten whole grains of pepper.

The scum and fat which rise from the soup must be taken off from time to time, and the soup, together with the calf's-head broth, be strained through a hair sieve, and seasoned with the necessary salt, a small quantity of cayenne pepper, and a glass of hot Madeira wine. Then take the calf's head out of the liquid in which it has been boiled, place it in the tureen, and pour the soup boiling hot over it; there are also very small dumplings which are to be added, which are made of "chicken stuffing," and boiled separately in soup-stock.

(This *chicken stuffing* is made from chicken breast pounded fine in a mortar, the skin being previously removed, and to four ounces of chicken add two ounces of bread-crumbs steeped in milk and pressed dry again, two ounces and a half of chopped bacon, or three ounces of fresh butter, well mixed, and all pounded together, with one egg and yelk of another. Season with salt, pepper, and nutmeg, and rub through a coarse sieve. This stuffing is chiefly used for dumplings.)—VOLLMER.

*Turtle Soup.*—Make a cut with a cleaver on the side, between

the lower and upper shells, bend the shells asunder, and loosen the turtle carefully with a sharp knife. If it is alive, cut off the head and feet, and let it bleed for several hours, in lukewarm water. After the entrails and the gall have been removed, wash it very clean, put it on the fire in cold water, let it boil up once, put it again into cold water, and for a second time let it boil until the skin can be drawn off. When this is done, and the turtle has got cold, cut the meat into nice little dice-shaped pieces, put in a piece of butter, a carrot, an onion, some whole pepper, fine salt, three or four cloves, a bottle of Madeira, and a pint of good brown broth, and allow the whole to stew till done, for about two hours, keeping it well covered; after which take it out, put it in the tureen, and add a ragout *à la financière*, and the eggs of the turtle. In the mean time, prepare a brown sauce, add it to the turtle soup, and let the whole boil up again a few times, skim off all the fat, and pass the soup over the meat, through a hair sieve; stir it up a couple of times with the ladle, and send it to table as hot as possible.

The brown broth referred to in the above, is soup-stock made after the following manner :

Cut a pound of ham in thin slices, and lay them on the bottom of a pot, covering it entirely. Slice six pounds of beef, and lay upon the ham, cutting the slices as thick as your finger; add a few chopped onions, sprinkle the whole with salt, and place the pot over a slow fire, where the meat will cook slowly, taking care that it does not burn. When the juice extracted from the meat is brown and firm, pour off the clarified fat, add some water to the meat, and let it continue to boil. Remove the scum carefully as it rises, and let the broth boil gently for three hours.—VOLLMER.

The weight of a turtle varies from thirty, to five or six hundred pounds. Epicures of note have been known to prefer it *cut into steaks and broiled*, to be eaten with melted butter, cayenne

pepper, and the juice of a Seville orange. These say that the flesh thus simply dressed, retains more of its true flavor, than when prepared in any other way.

It was not until the middle of the 17th century, that the *turtle* was brought to England. The first appearance of the turtle is repulsive, and "does not carry a letter of recommendation to the kitchen; accordingly, his introduction to the Lord Mayor's table was rather tardy;" and we learn from Sir Hans Sloane that, at the beginning of the last century, turtle was only eaten in Jamaica by the poor.

*Origin of marking the King's dishes with the Cooks' names.—*

George II. was accustomed every other year to visit his German dominions with the greater part of the officers of his household, and especially those belonging to the kitchen. Once on his passage at sea, his first cook was so ill with the sea-sickness, that he could not hold up his head to dress his majesty's dinner; this being told to the king, he was exceedingly sorry for it, as he was famous for making a *Rhenish soup*, which his majesty was very fond of; he therefore ordered inquiry to be made among the assistant cooks, if any of them could make the above soup. One named Weston, father of Tom Weston the player, undertook it; and so pleased the king, that he declared it was full as good as that made by the first cook.

Soon after the king's return to England, the first cook died; when the king was informed of it, he said that his steward of the household always appointed the cooks, but that now he would name one for himself, and therefore asking if one Weston was still in the kitchen, and being answered that he was, "That man," said he, "shall be my first cook, for he makes most excellent Rhenish soup." This favor begot envy among all the servants, so that when any dish was found fault with, they used to say it was Weston's dressing. The king took notice of this, and

said to the servants it was very extraordinary that every dish he disliked should happen to be Weston's; "in future," said he, "let every dish be marked with the name of the cook that makes it."

By this means the king detected their arts, and from that time Weston's dishes pleased him most. The custom has continued ever since, and is still practised at the king's table.—  
HONE.

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### FISH.

Our plenteous streams a varied race supply:  
The bright-eyed *perch*, with fins of Tyrian dye,  
The silver *eel*, in shining volumes rolled,  
The yellow *carp*, in scales bedropped with gold,  
Swift *trouts*, diversified with crimson stains,  
And *piques*, the tyrants of the watery plains.

POPE.

THE *Pike* is called the *Tyrant* of the fresh waters; it is found in this country of several varieties, from the pickerel, (the diminutive of pike,) whose average weight is four pounds, to the enormous muscalonge of the north-western waters, which reaches sixty and even more pounds. His ferocity is well attested by authentic stories.

The *Salmon* is termed the *King* of the fresh waters. This fish is unknown in the Mediterranean Sea, and in the rivers that fall into it either from Europe or Africa. It is found in some of the rivers of France which empty into the Atlantic. The salmon is taken in Kamschatka, and even as far north as Greenland, and is found in many of the rivers of the United States; they ascend and descend the Columbia river, in immense and incredible shoals. The Indians around this river preserve them in a dried state, and

make them a principal article of food. Salmon live both in the ocean, and in the fresh waters. To deposit their spawn, they press up the rivers with amazing rapidity, and are known to spring with great agility over cataracts of several feet in height.

*Herrings* appear in vast shoals on the coast of America. "They come annually in such numbers upon the shores of the Chesapeake bay, as to become offensive to the inhabitants. Their habits are migratory; they frequent the highest latitudes, making their winter rendezvous near the Arctic circle."—SMELLIE.

The river "*Bull-head*" derives its common name from the shape of its head. The name of "Miller's Thumb," is also given to it on account of the head's resembling very closely the *thumb of a miller*, which has a peculiar form from its constant exercise in trying the character of the meal under the spout. The *Loach*, or *Loche*, though very small, never longer than four inches,—is thought to be so great a delicacy on the continent of Europe, that they have been taken long distances, and naturalized. "In the spring and at the end of the autumn, the gastronomers prefer them to almost all the inhabitants of the water, especially when they have been smothered in wine or milk."—ISAAC WALTON.

"The *Pearch* (perch) is a very good, and a very bold biting fish; he has a hooked or hog back, which is armed with sharp and stiff bristles, and all his skin covered over with thick, dry, hard scales. The ruffe pearch seldom exceeds six or seven inches in length, but its flesh is considered excellent."—*Ibid.*

"The *Eel* is never out of season, as trout and most other fish are at set times. It is agreed by most men that it is a most dainty dish; the Romans have esteemed the eel "the Helena of their feasts," and some "the queen of palate pleasure."—*Ibid.*

The *Carp* is esteemed very highly as an article of food, preserved with great care, and fed in ponds for the table. Its tenacity of life is very great; in Holland, they are sometimes suspended in a damp cellar in nets full of moss, which are moistened

with milk, and the fish not only live, but grow fat. The carp has been known to attain the weight of eighteen or twenty pounds in England, and on the continent to grow much larger. "The *tongues* of carps are noted to be choise and costly meat, especially to them that buy them, but Gesner says, carps have no tongues like other fish, but a piece of flesh like fish in their mouth like to a tongue,—but it is certain that it is choicely good." (*Ibid.*) The carp was brought to this country from France in 1831.

"The *Trout*, of all fresh water fish, dies the soonest after being caught, and should therefore be eaten within a few hours. The trout is highly valued both in this, and foreign nations; and may justly contend with all fresh water fish, for precedency and daintiness of taste, and that being in right season the most dainty palates have allowed precedency to him."—*Ibid.*

A fish called *Bream*, was formerly a favorite dish in England, where high prices were paid for it. "In 1454, a pye of four of them in the expences of two men employed for three days in taking them, in baking them, in flour, in spices, and in conveying it from Sutton in Warwicksire, to the Earl of Warwick in the North Country,—cost xvjs. ijd."—*Hist. Warwick.*

"The *Tench* is called 'the physician of fishes,' because there has sometimes prevailed an idea that the tench acts medicinally to other fish, by rubbing against them when wounded or sick; hence, in Germany, the fishermen call it the *doctor fish*."—*Note to Isaac Walton.*

The green *Turtle* is a wholesome and highly delicious food.

The land *Crab* is regarded as a delicacy in Jamaica.

In the thirteenth and fourteenth centuries, among the culinary delicacies are mentioned the Whale, Grampus, Porpoise, Sea-calf and Sea-wolf. The *Porpoise* was a royal dish, even so late as the reign of Henry the Eighth. And in the language of Thomas Hood,—

“ Good Queen Bess,  
 —— hearty as hippo campus,  
 Broke her fast with ale and beef  
 Instead of toast and the Chinese leaf,  
 And in lieu of anchovy—*grampus!* ”

*The receipt for cooking a Fish two hundred years ago in England.*—“ Take a Carp alive if possible, scour him and rub him clean with water and salt, but scale him not; then open him and put him with his blood and liver, which you must save when you open him, into a small pot or kettle; then take sweet marjoram, thyme, and parsley, of each half a handful, a sprig of rosemary, and another of savory; bind them in two or three small bundles and put them to your carp, with four or five whole onions, twenty pickled oysters, and three anchovies. Then pour upon your carp as much claret wine as will only cover him, and season your claret well with salt, cloves and mace, and the rinds of oranges and lemons; that done, cover your pot and set it on a quick fire, till it be boiled; then take out the carp and lay it with the broth into the dish, and pour upon it a quarter of a pound of the best fresh butter melted and beaten with half a dozen spoonsful of the broth, the yolks of two or three eggs, and some of the herbs shred. Garnish your dish with lemons, and so serve it up, and much good may it do you.”—I. WALTON.

*Isaac Walton's mode of dressing Trout in 1653.*—“ Take your trout, wash, and dry him with a clean napkin; then open him, and having taken out his guts, and all the blood, wipe him very clean within, but wash him not, and give him three scotches with a knife to the bone, on one side only. After which take a clean kettle, and put in as much hard stale beer,—but it must not be dead,—vinegar, and a little white wine and water, as will cover the fish you intend to boil; then throw into the liquor a good quantity of salt, the rind of a lemon, a handful of sliced horse-radish root, with a handsome little fagot of rosemary, thyme, and

winter savory. Then set your kettle upon a quick fire of wood, and let your liquor boil up to the height before you put in your fish; and then, if there be many, put them in one by one, that they may not so cool the liquor as to make it fall; and whilst your fish is boiling, beat up the butter for your sauce with a ladleful or two of the liquor it is boiling in; and being boiled enough, immediately pour the liquor from the fish, and being laid in a dish, pour your butter upon it, and, strewing it plentifully over with shaved horse-radish and a little pounded ginger, garnish the sides of your dish and the fish itself with a sliced lemon or two, and serve it up."

Walton, in discoursing upon the *Chub*, says:—"He may be so dressed as to make him very good meat, as, namely, if he be a large chub, then dress him thus: First scale him; and then wash him clean, and then take out his guts; and to that end make the hole as little and near to his gills as you may conveniently, and especially make clean his throat from the grass and weeds that are usually in it, for if that be not very clean, it will make him to taste very sour; having so done, put some sweet herbs into his belly, and then tie him with two or three splinters to a spit, and roast him, basted often with vinegar, or rather verjuice and butter, with good store of salt mixed with it.

"Being thus dressed, you will find him a much better dish of meat than you, or most folk, do imagine; for this dries up the fluid watery humor with which all chubs do abound.

"But take this rule with you, that a chub newly taken and newly dressed, is so much better than a chub of a day's keeping after he is dead, that I can compare him to nothing so fitly as to cherries newly gathered from a tree, and others that have been bruised and lain a day or two in water. But the chub being thus used and dressed presently, and not washed after he is gutted;—for note, that lying long in water, and washing the blood out of any fish



after they be gutted, abates much of their sweetness,—you will find the chub being dressed in the blood and quickly, to be such meat as will recompense your labor, and disabuse your opinion.

“ Or you may dress the chub thus : When you have scaled him, and cut off his tail and fins, and washed him very clean, then chine or slit him through the middle as a salt fish is usually cut ; then give him three or four scotches on the back with your knife, and broil him on charcoal, or wood-coal that are free from smoke, and all the time he is a broiling, baste him with the best sweet butter, and good store of salt mixed with it ; and to this add a little thyme cut exceeding small, or bruised into the butter. The chub thus dressed hath the watery taste taken away, for which so many except against him. Thus was the cheven dressed that you now liked so well, and commended so much. But note again, that if this chub you ate of, had been kept till to-morrow, he had not been worth a rush. And remember, that his throat be washed very clean, and his body not washed after he is gutted, as indeed no fish should be.”

The “ Accomplished Cook,” published in 1685, contains the following receipt for

*A Herring Pie.*—Take salt herrings, being watered ; wash them between your hands, and you shall loose the fish from the skin ; take off the skin whole and lay them in a dish ; then have a pound of almond-paste ready ; mince the herrings, and stamp them with the almond-paste, two of the milts or roes, five or six dates, some grated manchet, sugar, sack, rosewater and saffron ; make the composition somewhat stiff, and fill the skins ; put butter in the bottom of your pie, lay on the herring, and on them dates, gooseberries, currants, barberries, and butter ; close it up and bake it ; being baked, liquor it with butter, verjuice, and sugar.

“There was a pleasant tradition current in Yarmouth not many years since, that the ‘red’ herring was the result of accident. According to the story, a fisherman had hung up some salted herrings in his hut, and forgotten them. They hung where they were exposed to the smoke from the wood fire of the hut; and, some days afterwards, his attention was attracted to them, when, being struck by their appearance, he determined to see how one of them tasted. The result was so satisfactory that he hastened to King John, who was then lying near Norwich, to make a present of the remainder; when the herrings were esteemed such a delicacy by the monarch, that he then and there, expressed his determination to grant a charter of incorporation to the town from which they were brought. In this charter the burgesses are obliged to send one hundred herrings to the sheriff of Norwich, to be made into twenty-four pies; and these pies are to be sent to the *king!*”

*For Boiling Fish.*—All large fish, with the skin *whole*, must be put over the fire in cold water; first wrap it in a cloth, and wind twine around it. It must not be covered with more than two inches of water. Put in two tea-spoonsful of salt to every quart of water. As soon as the water begins to boil, remove the pot to one side, and let it simmer gently till done. When the fish will separate easily from the bone, it is cooked; if it *jalls* from the bone, it is overdone. The exact length of time necessary to cook fish cannot be specified, since the quality of fish varies as much as the size.

Lift the cloth containing the fish carefully from the pot, cut the twine, and turn it upon a napkin laid upon a platter.

Serve with drawn butter, or egg-sauce.

If the fish be sliced, put it over the fire in hot water. If you have a drainer to lay your fish upon in the pot, the cloth need not be used.

In boiling salt fish—as cod and cod-sounds—previously soak it six hours for two pounds, changing the water until fresh. Set it then upon the fire, where it will gradually heat and simmer gently. When nearly ready to serve, let it come to the boil, then take it up and serve with drawn butter or egg-sauce.

*Fish-Sauces.*—The foundation of all these sauces is the *melted butter*, which is prepared by this rule: Take one cup of butter, rub in it a full table-spoon of flour, half a spoon of salt, and a quarter of a spoon of pepper; then add to it a pint of cold water; heat it, stirring it all the time, and, when it begins to simmer, remove it from the fire, and add more butter, if you wish it richer.

For *egg-sauce* add to the above two hard-boiled eggs, chopped fine.

*Lobster Sauce.*—Get the spawn of the lobster, rub them fine with a knife on a plate with a bit of butter, and add it to the hot melted butter, when it will turn red. Then cut the lobster into small pieces, and add the soft part from the belly with it, to the melted butter. A little cayenne pepper may be sprinkled in. Boil and serve.

*Anchovy Sauce.*—Add to melted butter two table-spoons of essence of anchovies; or bruise and boil the anchovies over a slow fire in melted butter.

This sauce was a favorite condiment among the Romans, and was prepared by them as it is now, after the above rule.

*Shrimp Sauce.*—Pick half a pint of shrimps, and boil the skins in a gill of water for fifteen minutes; strain the water, and add to it half a pint of melted butter, also the flesh of the shrimps, and simmer all for a few minutes. Add to it a little anchovy.

*Parsley*, chopped and prepared with the melted butter, makes a good sauce.

A little vinegar is thought by some cooks to improve these sauces.

*Lobsters*.—Lobsters should be boiled a long time; they are more healthful if long boiled. They should be cut open down the back; there is a vein, or bloodvessel, which runs the length of the back, and leads in the head to what is called *the lady in the chair*; this vein must be removed, since it is poisonous.

Dr. Paley, having been out fishing for a whole day, was asked on his return if he had met with good sport. "Oh, yes," said he, "I have caught no fish to be sure, but I have made a sermon."

*Scalloped Oysters*.—Roll crackers very fine, and cover the bottom of a baking-dish, previously buttered, with them. Spread a layer of oysters over these crumbs; pepper and salt them, and drop on bits of butter; cover with a layer of crumbs, and thus alternate the layers until your dish is full, having the crumbs cover the top. Place it then in a hot oven, that the top may brown nicely; bake about twenty minutes. No liquid is put in this dish; not even the liquor of the oysters, for the butter moistens it sufficiently. A quart of oysters will make a nice dish.

Philip II., of Spain, gave as a reason for not eating fish, that they "are nothing but element congealed, or a jelly of water."

*Plain Oyster Pie*.—Lay the oysters in your baking-dish; put salt, pepper, and bits of butter to them; sprinkle a little flour over them; make a puff paste and cover it. A small cup, inverted and set in the middle of the dish before covering with the paste, will prevent the latter from settling, and makes it lighter.

*Rich Oyster Pie.*—To one hundred and fifty oysters take eight eggs, two ounces of butter, with cloves, mace, nutmeg, salt, pepper, and a piece of stale bread grated fine. Spread a paste around the sides of the dish. Season the oysters with the spice to your taste. Boil the eggs hard, and chop them fine; mix them with the bread, and stir all with the oysters, putting them into the dish. Break the butter into bits, and stir them in. Cover with puff paste.

There is a legend, which assigns the first act of oyster-eating to a very natural cause. “A man, walking one day, picked up one of these savory bivalves, just as it was in the act of gaping. Observing the extreme smoothness of the interior of the shell, he insinuated his finger between them, that he might feel their shining surface, when suddenly they closed upon the exploring digit with a sensation less pleasurable than he anticipated. The prompt withdrawal of his finger was scarcely a more natural movement than its transfer to his mouth;—the result was most fortunate. The owner of the finger tasted oyster-juice for the first time, as the Chinaman in Elia’s essay, having burnt *his* finger, first tasted cracklin. The savor was delicious—he had made a great discovery; so he picked up the oyster, forced open the shells, banqueted upon their contents, and soon brought oyster-eating into fashion. And, unlike most fashions, it has never gone, and is never likely to go out.”

*Chowder.*—Fry brown several slices of pork; cut each fish into five or six pieces, flour, and place a layer of them in your pork fat; sprinkle on a little pepper and salt; add cloves, mace, and sliced onions; if liked lay on bits of the fried pork and crackers soaked in cold water. Repeat this until you put in all the fish; turn on just water enough to cover them. After stewing about twenty minutes, take up the fish, and mix two tea-spoonsful of flour with a little water, and stir it into the gravy,

adding a little pepper and butter . A tumbler of wine catsup, and spices will improve it. Cod and bass make the best chowder. In making clam chowder, the hard part of the clam should be cut off and rejected.

*Daniel Webster* was very skilful in the preparation of chowder.

*Caviar* is the common name for a preparation of the dried spawn, or salted roe of fish. The black caviar, is made from the roe of sturgeon, and a single large fish will sometimes yield as much as one hundred and twenty pounds of roe. A cheaper and less prized red kind, is obtained from the roe of the gray mullet, and some of the carp species, which are common in the rivers, and on the shores of the Black Sea. Caviar is principally consumed in Russia, Germany, and Italy, by the Greeks, during their long fasts, and also in small quantities in England. Inferior caviar is made into small dry cakes.

*Fish maws*, are the dried stomachs of fishes, like our cod's sounds ; they are considered great luxuries by the Chinese.

A preparation called *botargo*, is made from the spawn of a kind of fine mullet of a red color. The best is made in Tunis.

The roe of the *pollock*, is said to make very good bread ; the dried roe of an enormous species of shad, which frequents a river in Sumatra, constitutes an article of commerce in the East.

A favorite winter dish in Aberdeen, and also in Limerick, Ireland, is "boiled haddocks," or "stappit heads ;" the heads being filled with a mixture of oatmeal, onions, and pepper ; served with drawn butter.

There is a tradition in Catholic countries that the *haddock* was the fish out of whose mouth the Apostle took the tribute money ; and that the two dark spots near its gills, preserve to this day the impression of his thumb and finger.

*Piroga or Fish Cake.*—In the pastry cook shops of Russia, the tempting morsel offered to Russian appetites is the piroga, an oily fish-cake. Little benches are ranged round tables, on which the favorite dainty is placed, covered over with an oily canvas, for it must be eaten hot. A large pot of green oil, and a stand of salt are in readiness, and as soon as a purchaser demands a piroga, it is withdrawn from its cover, plunged into the oil, sprinkled with salt, and presented dripping to the delighted Muscovite.

*The Sardine.*—That highly esteemed fish, the sardine, is found chiefly in the Mediterranean. The small ones, caught on the coast of Provence, in France, are esteemed the best. The French frequently cure them in red brine, and when thus prepared, designate them anchovied sardines.

In 1852, five hundred and seventy-six millions of sardines were taken on the coast of Brittany, which extends about two hundred miles. Half of these were sold fresh, and the other half preserved in oil. The preparation, transport, and sale of the fish, employ ten thousand persons.

In Java and Sumatra, a preparation of small fish, with red rice, having the appearance of anchovies, and the color of red cabbage, is esteemed a delicacy. So in India, the preparation called "Tamarind fish," is much prized.

"The fish being cleaned, is cut up into small pieces or junks, and well mixed with tamarinds, in a conserved state, but without sugar. The mixture is then put into jars, and in a short time the acid of the tamarind penetrates the fish, completely dissolving the bones and cartilages, and imparting to it a delicate garnet color, and delicious flavor. A piece of tamarind fish fried with rice, forms a very agreeable relish, and I am surprised it has not found its way to this country."—CAPT. BELLEW

*Anchovy.*—This small fish is caught at several places in the

Mediterranean. Those taken at Gorgona, are considered the best, and receive their name from this circumstance. At first, the bodies being separated from the entrails and heads, are salted and packed in casks; but on their arrival in their destined port, they are repacked in bottles. They are a favorite relish with many persons, being taken from the bottles and eaten raw.

*Baked fish.*—Make a dressing of bread well chopped and seasoned, and stuff your fish. To keep it together, wind thread or twine several times around it; lay two skewers on the baking pan, and melt a good piece of butter in it before laying the fish therein. The skewers are used to prevent the fish burning on the pan. Sprinkle salt, pepper, and flour, over your fish, and spread bits of butter on the top. Bake in a quick oven, that it may brown well. The fish should not be turned over; unless very large it will cook in half an hour. Take it up carefully, that you do not break it. Then add to the gravy in the pan (if it be not burned) more butter, a little flour and water, boil it up, pour over the fish, and serve. This rule applies to bass, cod, pike, or white fish.

Another and very good mode of preparing fish, is to rub the back bone of the fish after it is well cleansed, with pounded saltpetre; season it with pepper, salt, nutmeg, cloves, mace, and allspice. Put it in a pan with sufficient vinegar to cover it, and set it in an oven to bake. If the fish be *very* large, two or three hours may be necessary to cook it.

“Cardinal Fesch, the uncle of Napoleon the Great, had invited a select party of clerical magnates to dinner. By a fortunate coincidence, two turbots of singular beauty arrived as presents to his eminence on the very morning of the feast. To serve them both would have appeared ridiculous; but the cardinal was most anxious to have the credit of *both*. He imparted



his embarrassment to his *chef*. 'Be of good cheer, your eminence,' was the reply; 'both shall appear; both shall enjoy the reception which is their due.' The dinner was served; one of the turbot relieved the soup, and delight was in every face. The maitre d'hotel advances; two attendants raise the turbot, and carry him off to cut him up. One of them loses his equilibrium; the attendants and the turbot roll together upon the floor. At this sad sight, the assembled cardinals became pale as death, and a solemn silence reigned in the conclave. Intense disappointment was expressed on every priestly face. 'Bring another turbot,' says the maitre d'hotel to the attendant, with the utmost coolness. And now intense delight took the place of disappointment on each cardinal's face; and the host was conscious of another laurel added to his gastronomie crown."

Both the Syrians and Egyptians abstained from eating fish, out of dread and abhorrence; and when the latter would represent any thing as odious, or express hatred, by hieroglyphics, they painted a *fish*.

The *poissards*, or *fish-women* of Paris, form a sort of body-corporate. In revolutionary times they have been powerful, not only with their tongues, but with weapons; they are equally notorious for their violence, and volubility in talk. They presented themselves in a body at the palace of Louis Napoleon upon the birth of the young prince, to congratulate the emperor and to offer a splendid bouquet of flowers; they were permitted to enter the state apartment of the infant.

## MEATS.

—————"Cook, see all your sawces  
 Be sharp and poynant in the palate, that they may  
 Commend you; look to your roast and baked meats handsomely,  
 And what new kickshaws and delicate made things."

BEAUMONT AND FLETCHER.

*Rules for Roasting or Baking Meat.*—In roasting, you should have a quick fire, in order to contract the fibres on the surface, and thus retain all the natural juices of the meat. When this is done at first, an inward steam is produced, and the meat is cooked by its own steam, and, when served, will be juicy and nice.

If, however, there be a slow heat at first, these juices are started; they all run into the pan, and you serve a dried-up, tasteless dish, instead of the rich, savory one you might have had.

After the first heat, however, a more moderate fire is best, that it may cook gently. Roast meats should be dredged with flour, just at the time when the gravy begins to appear; the flour absorbs it, and forms a coating which retains the juices. The remarks respecting heat more particularly apply to the *dark meats*, as beef, mutton, and venison. *Lamb, veal, and pork*, if young and tender, should be done at a moderate fire. Veal should be covered with paper. Very rich meat, if covered with paper, does not require basting. Fowls should be placed close to the fire to set the skin, and in about ten minutes rubbed over with a small piece of butter, pressed in a spoon. Hares and small game should be dredged with flour, as is previously mentioned for the roast meats. The French and Germans *lard* their meats, which is to introduce slips of salt pork under the skin by means of a *larding needle*, as it is termed. It is a great improve-

ment to lean meats. This needle is a piece of steel, from six to nine inches long, pointed at one end and having four slits at the other, which will hold a strip of bacon between them. Cut the pieces of bacon two or three inches long, and a quarter to half an inch wide, put each one after the other in the pin, insert it in the meat, and leave only half an inch out.

“Louis XI., of France, once took it into his head to visit the kitchen, and see what was going forward. He there found a little fellow, about fourteen years of age, busily engaged in turning the spit with roast meat. The youth was handsomely formed, and of so engaging an appearance, that the king thought him entitled to some better office than the humble one he then filled. Accosting him, Louis asked whence he came, who he was, and what he earned by his occupation. The turnspit did not know the king, and replied to his interrogatories without the least embarrassment: ‘I am from Berry, my name is Stephen, and I earn as much as the king.’ ‘What, then, does the king earn?’ asked Louis. ‘His expenses,’ replied Stephen, ‘and I mine.’ By this bold and ingenious answer he won the good graces of the monarch, who afterwards promoted him to the situation of groom of the chamber.”

*Roast Beef.*—Put the beef into the pan with a little water, then set it into a quick oven, but do not season it until it is about half cooked; then take it out, salt, pepper, and flour it, return it to the oven, and after this, while it is cooking, baste it frequently. It is more tender when seasoned thus than if done at first. The time for cooking depends upon the size of the piece, but an hour is sufficient for one weighing five or six pounds. If you wish it rare, three quarters of an hour will be enough.

It is best to use scorched flour for the gravy, to make it dark. If the meat be very fat, turn off the top from the gravy, leaving

the remainder for that purpose. Stir in a little flour, and perhaps add a few spoonfuls of water.

Tomato sauce should be served with the beef.

*The Sirloin of Beef.*—There is a laughable tradition, current in Lancashire, that King James I., in one of his visits there, knighted, at a banquet in Houghton tower, a loin of beef, the part ever since called the *sirloin*. The tradition is also related of Charles II. Hence the epigram—

“ Our second Charles, of fame facete,  
On loin of meat did dine ;  
He held his sword, pleased, o’er the meat,  
‘ Rise up, thou famed Sir Loin.’ ”

*A Baron of Beef.*—A baron of beef is the name of the two sirloins roasted and brought to the table undivided ; a baron being of twice the dignity of a knight. This is now, as formerly, a favorite dish in England at Christmas, and other great festivities. On Christmas day, a baron of beef is enthroned in St. George’s Hall in Windsor Castle, and is borne in by lacqueys in scarlet and gold.

*Roast or Baked Venison.*—Venison should be kept several days before cooking. Prepare a nice dressing of bread crumbs, butter, salt, pepper, thyme, or summer-savory ; then run a sharp knife into the meat, so as to insert the stuffing in different places. When this is done, gash the upper side, sprinkle salt, pepper, and flour over it, and spread on butter. Some cooks cover the whole with a thin crust of paste, to keep it moist while roasting. But if you put it for the first fifteen or twenty minutes to a strong heat, this serves the same purpose, by contracting the surface, after which cook it slowly. Baste it frequently ; it is sometimes basted with wine. Add wine or currant jelly to the gravy.

*A Singular Spit.*—The most singular spit in the world is that of the Count de Castel Maria, one of the most opulent lords of Treviso. This spit turns *one hundred and thirty different roasts* at once, and plays *twenty-four tunes*, and whatever it plays corresponds to a certain degree of cooking, which is perfectly understood by the cook. Thus, a leg of mutton *à l' Anglaise*, will be excellent at the *twelfth* air; a fowl *à la Flamande*, will be juicy at the *eighteenth*, and so on.—*Furet de Londres*.

In olden times dogs were sometimes employed as *turnspits*. The dog was put upon a wheel connected with the spit, after the manner of the dog-churns of the present day. A hot coal was put upon it also, which, if he stopped moving his feet, would burn them. This wheel turned the spit, and often the piece of meat roasting was twice the weight of the dog.

*Roast Mutton.*—A leg of mutton, kept several days, until it is tender, and then dressed after the manner of venison, is nearly as good as the latter.

“A person would pay a crown at any time for a venison ordinary; but after having dined on veal or mutton, he would not give a penny to have had it venison.”—STERNE.

It is the custom in Egypt and other hot climates, to cook the meat as soon as killed, with the same view of making it tender, which makes northern people keep it until decomposition is beginning. This explains the order of Joseph, to “slay and make ready” for his brethren.

*The Kit-Kat Club.*—“One of the most widely famed clubs of the last century was the *Kit-Kat* club, which, originating in the determination to meet periodically, for the laudable and social purpose of discussing the super-excellent *mutton pies* manufactured by *Mr. Christopher Kat*,—resulted in what in these days would be called a Reform Club.”—*Chron. of Fashion*.

*Roast Veal.*—Prepare a dressing the same as for venison ; run a sharp knife into the small end of the leg next the bone, run it round until you have made an opening large enough to hold your dressing ; force it in, then run your knife across the round in gashes ; then pepper, salt, butter, and flour it. While it cooks, baste frequently, and when served, make a good gravy. Lamb may be prepared in the same way, but it does not require much dressing. A good way to serve roast veal for a second day's dinner, is to cover it entirely with a plain pie crust, having first laid on strips of salt pork. Bake it well, and when you serve cut each slice through crust and meat.

*A French Cook's triumph over the natural difficulties of Veal.*—“A French officer undertook, for a wager, to produce a soldier in his company who would eat a calf of a certain age. The bet was accepted. The soldier, without any reluctance, undertook to do his best, and the day and hour were fixed for the trial. The carcase of the calf was handed over to an artist, with instructions to do his best with it, but religiously to serve up the whole. At the appointed time it appeared on table in a variety of costumes, all more or less inviting. With a light heart and a lively countenance, the soldier addressed himself to his task. Dish after dish disappeared before him, as he commended their flavor, and talked gaily of the affairs of the day. The commencement was a prosperous one, and delighted his backer. In this easy, trifling manner, more than half the table was cleared, when, to the dismay of his captain, the soldier paused, and laid down his knife and fork. It was a moment of terrible suspense. The opposite party, who had been losing heart during these earlier operations, now began to glow with new hope. But the triumph was short-lived. ‘Mon capitaine,’ said the soldier, with all imaginable vivacity, neither his voice nor his countenance indicating any thing like repletion, ‘these *entremets* are really very seductive, but if I

eat any more of them I shall spoil my appetite for the calf.' The result need not be declared. In England, the unfortunate man would have sat down to loins and fillets, and would have either broken down before these mountains of solid flesh, or died of an indigestion."—*North British Review*.

*Veal Cutlet*.—Cut the veal in good, fair slices; beat an egg, and after dipping each slice in the egg, turn it in flour, or rolled crackers, which is best; salt and pepper them, and fry them in hot butter. When the meat is cooked and taken up, add more butter to the gravy, dredge to it a little flour, with a spoonful or two of water; let it boil, then pour over the meat, and serve.

*Commons*.—"In the old times, at colleges, meals were taken in a hall of the college, and provided by the authorities. This was called living in commons. On Mondays and Thursdays, the meat was boiled; these were called 'boiling days.' On other days the meat was roasted; these were 'roasting days.' Two potatoes were allowed to each person. On 'boiling days,' pudding and cabbage were added to the bill of fare, and, in the season, greens—either dandelion or green peas, and bread. Cider was the beverage. No regular supper was provided, but a bowl of bread and milk supplied the place of the evening meal. The butter was sometimes so bad that a farmer would not take it to grease his cart-wheels with.

"It was the usual practice of the steward, when *veal* was cheap, to furnish it to the students three, four, and sometimes five times in a week; the same with reference to lamb. The students, after eating this latter kind of meat for five or six successive weeks, would often assemble before the steward's house, and, as if their natures had been changed by their diet, would bleat and blatter until he was fain to promise them a change of food, upon which they would separate, until a recurrence of the same evil compelled them to the same measures."

*Roast Pig.*—Sprinkle the pig with fine salt, an hour before you prepare the stuffing. Make a nice stuffing, as for a turkey. Salt, pepper, and flour the pig, and roast it in a steady oven, one not too hot, or it will blister and deface its beauty; but so as to give it a light brown, crispy appearance. The feet must be previously taken off at the first joint, and boiled with the heart and liver. When the eyes drop out, the pig is half cooked; when it is nearly done, baste it with butter. A pig of medium size will cook in three hours. When done, take off the head, open it, and take out the brains; chop them with the heart and liver; work butter and a little flour together, and stir with the former in a sauce-pan, with boiling water, for gravy. Add to it the drippings from the pan, and season it with sweet marjoram and sage.

Many people do not remove the head before placing it on the table, as the pig looks better whole. In that case, make the gravy without the brains.

*A Dissertation upon Roast Pig.*—Mankind, says a Chinese manuscript, (which my friend M. was obliging enough to read and explain to me,) for the first seventy thousand ages, ate their meat raw, clawing or biting it from the living animal just as they do in Abyssinia to this day.

The art of roasting, or rather broiling, (which I take to be the elder brother,) was accidentally discovered in the manner following: The swine-herd Ho-ti, having gone out into the woods one morning, as his manner was, to collect mast for his hogs, left his cottage in the care of his eldest son, Bo-bo, a great lubberly boy, who, being fond of playing with fire, let some sparks escape into a bundle of straw, which, kindling quickly, spread the conflagration over every part of their poor mansion, till it was reduced to ashes. Together with the cottage, what was of much more importance, a fine litter of new farrowed pigs, no less than nine in number, perished. China pigs have been esteemed a



luxury all over the East, from the remotest periods we read of. Bo-bo was in the utmost consternation, as you may think, not so much for the sake of the tenement, which his father and he could easily build up again with a few dry branches, and the labor of an hour or two, at any time, as for the loss of the pigs. While he was thinking what he should say to his father, and wringing his hands, an odor assailed his nostrils unlike any scent which he had before experienced. What could it proceed from? not from the burnt cottage; he had smelt that before, indeed this was by no means the first accident of the kind which had occurred through the negligence of this unlucky firebrand. A premonitory moistening at the same time overflowed his nether lips. He knew not what to think. He next stooped down to feel the pig if there were any signs of life in it. He burnt his fingers, and to cool them he applied them in his booby fashion to his mouth. Some of the crumbs of the scorched skin had come away with his fingers, and for the first time in his life (in the world's life, indeed, for before him no man had known it) he tasted—*crackling!* Again he felt and fumbled at the pig. It did not burn him so much now; still he licked his fingers from a sort of habit. The truth at length broke into his slow understanding, that it was the pig that smelt so, and the pig that tasted so delicious; and surrendering himself up to the new-born pleasure, he fell to tearing up whole handfuls of the scorched skin with the flesh next it, and was cramming it down his throat in his beastly fashion, when his sire entered amid the smoking rafters, and finding how affairs stood, began to rain blows upon the young rogue's shoulders, as thick as hailstones, which Bo-bo heeded not any more than if they had been flies. The tickling pleasure which he experienced in his lower regions, had rendered him quite callous to any inconveniences he might feel in those remote quarters. Bo-bo's scent being wonderfully sharpened since morning, soon raked out another pig, and fairly rending it asunder, thrust the lesser half

by main force into the fists of Ho-ti, still shouting out, "Eat, eat; eat the burnt pig, father; only taste."

In conclusion, (for the manuscript here is a little tedious,) both father and son fairly sat down to the mess, and never left off, till they had despatched all that remained of the litter.

Bo-bo was strictly enjoined not to let the secret escape; nevertheless, strange stories got about. It was observed that Ho-ti's cottage was burnt down now more frequently than ever. As often as the sow farrowed, so sure was the house of Ho-ti to be in a blaze. At length they were watched, the terrible mystery discovered, and father and son summoned to take their trial at Peking, then an inconsiderable assize town. Evidence was given, the obnoxious food itself produced in court, and verdict about to be pronounced, when the foreman of the jury, begged that some of the burnt pig, of which the culprits stood accused, might be handed into the box. He handled it, and they all handled it, and burning their fingers, as Bo-bo and his father had done before them, and nature prompting to each of them the same remedy, against the face of all the facts, and the clearest charge, which judge had ever given, to the surprise of the whole court, town-folk, strangers, reporters, and all present, without leaving the box, or any manner of consultation whatever, they brought in a simultaneous verdict of not guilty,

The judge, who was a shrewd fellow, winked at the manifest iniquity of the decision; and when the court was dismissed, went privately and bought up all the pigs, that could be had for love or money. In a few days his lordship's town-house was observed to be on fire. The thing took wing, and now there was nothing to be seen but fires in every direction. Fuel and pigs grew enormously dear all over the district. The insurance offices one and all shut up shop. At length a discovery was made that the flesh of swine, or indeed of any other animal, might be cooked, without the necessity of consuming a whole house to dress it.

Then first began the rude form of a gridiron. Roasting by the string or spit, came in a century or two later, I forget in whose dynasty. Without placing too implicit faith in the account above given, it must be agreed, that if a worthy pretext for so dangerous an experiment as setting houses on fire, could be assigned in favor of any culinary object, that pretext and excuse might be found in *roast pig*.

Of all delicacies in the whole *mundus edibilis*, I will maintain it to be the most delicate—princeps obsoniorum. I speak not of your grown porkers, things between pig and pork, but a young and tender suckling, under a moon old, guiltless as yet of the sty.

*He must be roasted.* I am not ignorant that our ancestors ate them seethed, or boiled, but what a sacrifice of the exterior tegumen! There is no flavor comparable, I will contend, to that of the crisp, tawny, well watched, not over roasted, *crackling* as it is well called; the very teeth are invited to their share of the pleasure of this banquet in overcoming the coy, brittle resistance, with the adhesive oleaginous—oh, call it not fat, but an indefinable sweetness growing up to it; the tender blossoming of fat—fat cropped in the bud—fat and lean so blended and running into each other, that both together make but one ambrosial result or common substance. Behold him while he is doing—it seemeth rather a refreshing warmth, than a scorching heat, that he is so passive to. How equably he twirleth round the skin! Now he is just done.

See him on the dish, his second cradle, how meek he lieth! Wouldst thou have had this innocent grow up to the grossness and indocility which too often accompany maturer swinehood?

Our ancestors were nice in their method of sacrificing these tender victims. We read of pigs whipped to death, with something of a shock, as we hear of any other obsolete custom. It would be curious to inquire what effect this process might have

towards intenerating and duleifying a substance, naturally so mild and duleet as the flesh of young pigs. It looks like refining a violet. Yet we should be cautious, while we condemn the inhumanity, how we censure the wisdom of the practice. It might impart a gusto.

His sauce should be considered. Decidedly, a few bread crumbs, done up with his liver and brains, and a dash of mild sage. But, banish, dear Mrs. Cook, I beseech you, the whole onion tribe. Barbecue your whole hogs to your palate, steep them in shalots, stuff them out with the rank and guilty garlic: you cannot poison them, or make them stronger than they are,—but consider, *he* is a weakling, a flower.—LAMB'S *Essays*.

In the year 1661, a gathering of nobility and gentry took place at Newcastle, England, to celebrate a great anniversary, when, on account of the number of guests, each was required to bring his own dish of meat. Of course there was a sort of competition, in which each strove for pre-eminence; but the specimen of Sir George Goring, was considered the masterpiece. "It consisted of *four huge, brawny pigs*, piping hot, *bitted and harnessed with ropes of sausage*, all tied to a monstrous bag-pudding."

*Roast Pork*.—Pork should be well sprinkled with salt, pepper, and flour, and then roasted before a good fire, or in a quick oven, with but little water in the dripping-pan. Pork needs *more cooking* than any other meat. To ascertain when it is done, thrust a fork into it, and if the blood does not follow it, it is sufficiently cooked. Turn off the fat; stir a little flour and water to the gravy and season to your taste. Scorch'd flour is best for gravies. *Apple sauce* is the proper accompaniment.

*Baked Pork and Beans*.—Wash a quart of dried beans thoroughly, and put them over the fire in a kettle of cold water; add also a pound of rather lean salt pork, with the rind cut into

several rows. When the water becomes scalding hot, change it by pouring the beans into a cullender, and thus draining off the water. Replace them in the kettle, throw in a bit of saleratus the size of a pea, pour on cold water, and let them boil again.

Change the water thus *four times*, and then let them boil until they are soft. Now take all up into a deep baking dish, with only the rind of the pork exposed at the top. Pepper well, and bake until brown. It is well, if convenient, to soak the beans over night. They make a good dish when cooked without the pork; they then should have a little butter to season them.

*Roast Turkey.*—After properly washing the turkey, if it be an *old* one, parboil it by laying it in a kettle of cold water, with a little salt in it, and leaving it over the fire until the water becomes scalding hot; a young turkey should not be scalded. Then take it out and stuff it with a dressing previously prepared. For *dressing*, chop bread fine, season it with salt, pepper, sweet marjoram or summer-savory, and butter half the size of an egg; some cooks add an egg also. Wet the dressing with a little milk, add half a dozen raw oysters to it, and stuff the turkey. Sew up the opening with two or three stitches of coarse thread. Lay the turkey on the pan, and if you like, truss it by passing skewers under the legs, and tying the wings together over the back. Dredge it well with flour, salt, and pepper, and unless the turkey be very fat, lay bits of butter upon it. Pour a little hot water into the pan, and set the turkey into the oven. A large turkey requires two hours to roast, and sometimes longer. Always watch it carefully, that it may neither burn nor dry down, and replenish the water in the pan when necessary, from the hot tea-kettle. Baste frequently.

In the mean time, boil the gizzard, liver, and heart in a saucepan, and when tender, chop them fine; work with them a little flour and butter. When the turkey is cooked tender, which you

will ascertain by trying it with a fork, take it upon a platter. Skim the fat from the gravy in the dripping-pan, and then add the remainder to the gravy of the liver, etc., before prepared. Lay into the gravy a few oysters, stir it until it boils a minute or two, and then serve.

A turkey when well-cooked, should be evenly browned all over. Cranberry sauce or Currant jelly is the proper accompaniment.

There is a Greek proverb, that the persons at a social repast should not be less in number than the Graces, nor more than the Muses.

Sydney Smith, so famous for his brilliant social qualities, says, "Most London dinners evaporate in whispers to one's next door neighbor. I make it a rule never to speak a word to mine, but fire across the table."

*Roast Chickens.*—Wash them thoroughly and sprinkle a little salt inside of them. Stuff them as you do a turkey, and wind around each a strong thread to keep it in shape. Salt, pepper, and flour them, and spread bits of butter over them. Lay skewers across the bottom of the pan, place your chickens thereon, pour a little water in the pan and cook in a quick oven. Baste frequently, and see that the chickens are evenly browned. Make the gravy as in the roast turkey, with or without oysters; though the latter are always an improvement, yet they are not essential. Half or three quarters of an hour will usually cook them. If the fowls are old and tough, they should be parboiled previous to roasting.

"The capon burns, the pig falls from the spit;  
The clock hath struck twelve upon the bell;  
My mistress made it one upon my cheek—  
She is so hot, because the meat is cold;  
The meat is cold because you come not home.

Methinks your maw, like mine, should be your clock,  
 And strike you home without a messenger.  
 My charge was but to fetch you from the mart  
 Home to your house, the Phœnix, sir, to dinner—  
 My mistress and her sister stay for you."

*Comedy of Errors.*

*Roast Goose, (after the German mode.)*—Rub the goose over night with salt, pepper, sage, thyme, and sweet marjoram, inside and out; in the morning prepare the dressing as follows. A large handful of stoned raisins, and Zante currants, to bread-crumbs, a couple of sour apples chopped fine, and one mealy potato, with butter mixed in, and all well rolled together; but put no spices in the dressing. For the gravy, boil the giblets in a little water and mash the liver in a spoonful of flour, chop the gizzard, stir these in the liquid they were boiled in, add it to the gravy in the dripping-pan, sprinkle in a little thyme, sage, and sweet marjoram, and it is done. Serve the gravy separately.

When the goose is cooked and served, garnish it with sliced lemons, and a few sprigs of green parsley.

*Roast Goose.*—If the goose be an old one, put it in a pot with cold water, and let it remain until the water becomes boiling hot; then take it out, put an onion inside of it, but no other dressing. Roast it then, watching it that it do not get too much browned. If the gravy be too fat, as is generally the case, take off the top, sprinkle in a little flour, and, if you like, add a few oysters; let it boil up, and serve.

Onions and apple-sauce are the peculiar accompaniments of a goose.

The goose is not much valued in France as a dish, and seldom appears upon the tables of Parisian epicures. They esteem the flesh coarse and unwholesome; but they prize the *livers* highly, when made into pies and truffled; *patés de foies gras* are considered

very delicate, and a great luxury; yet nothing can be more unwholesome, since these enlarged livers are the consequence of disease. This dish has proved fatal to many epicures.

*Roast Ducks.*—A pair of young ducks make a very nice dinner. They require no stuffing. Put a raw onion inside of each, as this adds to the flavor. If they are not fat, spread a little butter over them, or a slice of salt pork, after they are dredged with salt, pepper, and flour. Roast half an hour in a quick oven. Serve with onions, potatoes, and apple-sauce.

*Boiled Turkey.*—Stuff your turkey as for roasting; put it in boiling water, and boil it slowly. An hour and a half will be sufficient to boil it, if it be a small one. For *gravy*, dip out half a pint of the water in which the turkey was boiled. Work a table-spoonful of flour into a small cup of butter, stir it into the sauce-pan, add a pint of oysters, salt, etc., to your taste; let it boil two or three minutes, and serve. A boiled turkey is sometimes served with the melted butter poured over it, and garnished with parsley; but when there are oysters in the gravy it should be served separately.

*Boiled Chicken with Rice.*—(*Southern Mode.*)—Boil the chicken in sufficient water to cover it; when it is tender, take it up and throw into the kettle of the soup a tea-cup of rice, or more, according to the size of the chicken; when the rice is cooked, lay the chicken back in the kettle, leaving it until it is well heated again; then serve it on a platter, the chicken being entirely covered with the rice.

*A Spanish Sauce.*—“To White Hall, where I stayed till the Duke of York came from hunting, which he did by-and-by, and, when dressed, did come out to dinner, and there I waited; and



he did magnify mightily his *sauce*, which he did then eat, with every thing, and said it was the best universal sauce in the world, it being taught him by the Spanish ambassador. Made of some *parsley* and a dry *toast*, beat in a mortar, together with *vinegar*, *salt*, and a little *pepper*; he eats it with flesh, or fowl, or fish." The duke commends some Navarre wine, "but I did like better the notion of the sauce, and by-and-by did taste it, and liked it mightily."—PEPYS.

*Partridge*.—If it is to be baked in an oven, put it in a proper pan or baking-dish; salt, pepper, and *butter it well*; bake half an hour, basting it frequently. Serve currant jelly with it.

*A Canadian receipt for cooking a Partridge, which may be useful to Sportsmen and Travellers*.—"Expedition is the maxim of all sylvan cookery, and as plucking the feathers of a partridge would be too great a tax on the time and patience of the voyager, the method most in vogue is to run your hunting-knife round his throat and ankles, and down his breast, when, taking a leg in each hand, and pressing your thumb into his back, you pop him out of his skin, as you would a pea from its pod. Then make a spread-eagle of him on a forked twig, the other extremity of which is thrust into the ground, and after wrapping a rasher of bacon around his neck, and under his wings, as ladies wear a scarf, you incline him to the fire, turning the spit in the ground, and you will have a result such as Soyer might be proud of.

"When your other avocations will not afford time even for the skinning process, an alternative mode is to make a paste of ashes and water, and roll up the bird therein, with the feathers and all the appurtenances thereof, and thrust the performance into the fire. In due time, on breaking the cemented shell, (which is like a sugared almond,) the feathers, skin, etc., adhere to it, and then you have the pure kernel of poultry within."

*Snipe.*—The yellow-legged snipe is in this country considered the best species for the table. They should be larded and roasted in bunches of three, and served in gravy made from their own unctuous drippings. There are few side-dishes more popular with epicures than snipe on toast. Some cooks stuff them with a composition of bread crumbs and egg, highly seasoned; but others think them far better without this kind of “trimmings.”

“The poet Moore was sure to have four or five invitations to dinner on the same day, and he often tormented himself with the idea that he had not perhaps accepted the most exclusive. He would get off from an engagement with a countess to dine with a marchioness, and from an engagement with a marchioness to accept the later invitation of a duchess; and as he cared little for the society of men, and would sing and be delighted only for the applause of women, it mattered little whether one circle was more talented than another.”

*Rules for Boiling Meat.*—All *fresh* meat should be put on to cook in *boiling* water; then the outer part contracts, and the internal juices are prevented from running out in the water and thus wasted. This is the point to be attained in making soup—to have all the juices extracted; but where the *meat* is to be eaten, it is desirable that all of its goodness be retained. If the meat were put over the fire in *cold* water, and then slowly came to the boil, the juices would be extracted, and it would remain dry and tasteless.

On the contrary, all *salt* meat should be put into *cold* water, in order that, by its slow cooking, the salt may be extracted.

*To Boil a Calf's Head.*—Put in the kettle of *cold* water, a piece of salt pork about six inches square. Set it over the fire, and when the water becomes hot put in the *head, heart, and lights.*

These should boil *two* hours. The pork will boil in *one* hour, and must then be taken out of the kettle. Look over the brains carefully, take out all the veins, wash it well, and lay it in a cloth; sprinkle salt, pepper, summer-savory, and a handful of bread crumbs over it; tie it up tight in the cloth, and lay it in the pot when you take the pork out; also put in the liver at this time, thus allowing one hour for these last to boil.

When all is cooked, take the different parts out of the kettle carefully, to keep the pieces as whole as possible. Remove the bones from the head; these will come out easily. Skin the tongue, and place all together on the platter.

For *sauce*, work together half a cup of butter and a large spoonful of flour; dip a pint of the pot-liquor into a sauce-pan; add the butter and flour to it, and, when this boils, open the cloth containing the brains, put them into a plate, cut them fine, and add them to the gravy. Stir it round gently, and serve.

*Receipt for Curing Beef.*—To twenty-five lbs. of beef take two pints of salt, one pint of molasses, one table-spoon of saltpetre. Pour the pickle while hot over the beef; there must be sufficient pickle to cover the whole.

*Boiled Corned Beef.*—Put it over the fire in a kettle of cold water, let it boil slowly till tender; when it pricks easily with a fork, it is cooked. Serve it with potatoes, turnips, etc.

If you do not wish it to be eaten when warm, the following method of preparing it is an excellent one, and saves all the nutritious qualities of the beef. After the beef has boiled sufficiently tender to remove the bones easily, take it up, remove the bones, pack the meat by itself in a deep dish, mixing well together the fat and lean portions. Next skim the fat from the liquor and boil the latter down, so that when poured over the meat, it will just fill the spaces between the pieces. Then lay over the whole

a flat cover which will just fit into the dish ; put upon it a dozen pounds weight, or more, if necessary, and let it stand until cold. Prepared in this way, the poorest piece of tough corned beef will be made tender and juicy. The liquor thus saved contains the gelatine, the most nutritious portion of the meat, and when cold forms a solid mass with the meat, which may then be cut into slices for serving upon the table.

*Dr. Johnson's Favorite Dishes.*—"A leg of pork boiled till it dropped from the bone, a veal pie with plums and sugar, or the outside cut of a salt buttock of beef, were his favorite dainties."

*To Boil a Ham.*—Put the ham into the kettle with *cold* water over a *slow fire*, that it may commence boiling in small blubbers ; keep the lid upon the pot, so as to retain heat. When at the boiling-point do not attempt to increase the fire by forcing it, for you can make the water no hotter, and a violent agitation sufficient to make the pot boil over will drive the juice out and make the ham hard and dry. Skim the pot often. For *every pound* the ham weighs, boil it so many fifteen minutes. When cooked, skin the whole, and fit it for the table ; then set it in an oven for half an hour ; take it out and cover it thickly with bread crumbs, and set it back for another half hour.

Boiled ham is always much improved by setting it into an oven for nearly an hour, until much of the fat dries out ; it also makes it more tender.

Hams are sometimes boiled in *wine*.

*To Boil Salt Pork.*—Scrape the rind and wash the whole clean. It must be put into cold water, heated gradually, and boiled slowly. A piece of two pounds' weight will cook in about an hour. Try it with a fork, and if this slips in easily, the pork is done. When you take it up, remove the rind neatly, pepper the pork in spots,

and place it in the oven while you prepare the other parts of your dinner.

On a certain occasion when Charles II. was dining in state, he made Grammont remark that he was served upon the knee, a token of respect not common at other courts. "I thank your majesty for the explanation," answered Grammont; "I thought they were begging pardon for giving you so bad a dinner."

"Pork or swine's flesh was, till of late years, much abominated by the Scotch, nor is it yet a favorite food among them. King James carried this prejudice to England, and is known to have abhorred pork almost as much as he did tobacco. He said if he were to give a banquet to the devil, he would provide a *loin of pork* and a poll of ling, with a pipe of tobacco for digestion."—SCOTT.

Pork was a favorite meat at the tables of the luxurious Greeks and Romans. It was cooked in a variety of modes. A famous piece of skill on the part of their cooks was displayed in cooking a whole pig, boiled on one side, roasted on the other, and stuffed with flavored and spiced thrushes, eggs, and various other delicacies; and all so ingeniously executed, that the guest could not perceive where the animal had been divided. The receipt for preparing the pig, remained a long time secret, but was at length divulged. The animal, after being bled under the shoulder, was hung up, and the intestines drawn out through the throat. These were thoroughly washed, filled with hashed meat and gravy, and forced back into the body, which was stuffed also with birds, etc. One half was then covered with a thick paste of barley meal mixed with wine and oil; the pig was baked on the other side, and, when that was done, this paste was removed, and the last half was boiled by laying it in a shallow sauce-pan.

*To Pack and Salt Pork.*—To keep well, pork should be as free from bone as possible. Take a clean, sweet barrel, sprinkle a thick layer of salt on the bottom; pack then a layer of the pork, fitting the pieces as closely as possible; sprinkle around the edge of the barrel a good supply of salt, and cover the whole layer plentifully with the same. Alternate thus the pork and salt, repeating the process until the barrel is filled.

When half full, pound the mass down to make it as solid as possible, and do this again when it is full. There is no danger of putting in too much salt. Lay a large flat stone on the top. Pour on cold water to cover it; this will form a brine. Never let your pork swim, or it will become rusty. When you begin to use it and cut into a piece, see that the remaining pieces be put under the stone, so that it shall always remain below the surface.

When the hog has free range of forest lands in which it can feed on the acorns, the beach-nuts, and the sweet chestnuts, the flesh is proportionally valued; and it is on this account, that the pork of Virginia has obtained a celebrity in America equal to that of Westphalia in Europe.

*Receipt for Curing Hams.*—Four quarts of salt, four oz. of saltpetre, four lbs. of brown sugar dissolved in water. Pack one hundred weight of hams closely together, and pour this pickle over them. Let them remain ten days, and then smoke.

*New Jersey Rule for Curing Hams.*—After the hams are cut, let them lie on a shelf two or three days, where they can have plenty of cool air, so that all animal heat will pass out of them before you put them down. After this, drain off any bloody water which may come out. Make then the following pickle, sufficient to cover them: nine lbs. of salt, three oz. of saltpetre, one oz. saleratus, four lbs. of brown sugar or molasses, six gallons of water. Let them lie in the above pickle from three to six weeks, according

to the size of the hams; then you may take them out and smoke them in *dry* weather, with good hickory or any other wood, *except pine*, till sufficiently smoked to suit your taste. Then take them down, put them in bags, to protect them from flies, and hang in a dry, cool place.

An old writer tells us of a baron who held certain manors on the condition, "that he shall find, maintain, and sustain one bacon fitch hanging in his hall at all times of the year, but in Lent to be given to every man or woman married, after the day and year of the marriage be past, in form following:—" After notice of the demand is given, all the free tenantry were to assemble 'to do and perform the services they owe to the bacon.' On the appointed day after certain ceremonies done, the bacon was to be taken down, placed in a half quarter of wheat, and in a book placed on these, the demandant made oath that there had been no disagreement or strife, or dissatisfaction between him and his wife, during the year and day that they had been married; a cheese was to be added if he were a freeman, and the whole being placed on two horses, they were to leave the house accompanied by 'trumpets, taborets, and other manner of minstrelsy.'"

*To Cure Mutton.*—If the brine in your pork or beef barrel be good and sweet, lay the leg of mutton in it for five or six days, when it will be sufficiently salted to boil with a small piece of salted pork for dinner. But if you have no good brine, lay the mutton into a stone jar, salt it thickly on both sides, and pour over it a weak brine of salt and water. Let it remain several days, or until you wish it to boil. Some persons hang it up after being thus cured, and dry it like beef.

*Boiled Lamb or Mutton.*—A leg of mutton requires an hour for boiling; a leg of lamb, half an hour. Put all fresh meat on to boil in *hot* water; if the mutton has been corned, however, lay

it first in *cold* water, and gradually heat it. A small piece of salted pork boiled with it improves it in either case; mint sauce should accompany it; that is, melted butter prepared as in the fish-sauces with a few leaves of chopped mint added to it.

*Dr. Johnson's account of his last Dinner at Mrs. Thrale's after their quarrel, (translated from the Latin in which he wrote it.)—*“I dined at Streatham on a leg of lamb boiled with spinach, a plum-pudding, beef tenderloin, and young turkey; after the meats were dismissed, on figs and grapes not quite ripe, owing to the unfavorableness of the season, and on princely apples that were not very mellow. I sat down in sorrow, and fed sparingly, and committed no great sin from intemperance. If my memory should not fail me, the feasts celebrated at the funeral rites of Adonis will come to my mind whenever I revisit Streatham.”

*To Cure Beeves' Tongues.*—Wash the tongues thoroughly to get off the blood, then rub them with salt, and lay them in a stone jar. For two tongues, make a brine of one quart of water, one pint of salt, one small cup of molasses, one teaspoon of saltpetre. Scald the brine, skim it, and while hot pour it over the tongues. At the expiration of three days, pour off the brine, scald it again, and pour over the tongues as before. In two weeks' time, they are ready to boil, or to hang in the smoke-house for a week, thence to be taken out and hung in a cool, dry place.

*To Boil Beeves' Tongues.*—A tongue that is dried or smoked, requires to be soaked a few hours in cold water, previous to boiling. Put it over the fire in cold water, and boil slowly for two hours. If the water tastes so salt during the boiling that you think it necessary to pour it off, replenish with boiling water from the hot tea-kettle. When boiled, take the skin off as soon as possible, and if you can do so, keep it whole, that you may have it to lay over the tongue afterward, to keep the latter moist.



*To Pickle Sheep's Tongues.*—Take one dozen sheep's tongues, boil them in salted water until tender; then have a jar of spiced vinegar ready, and drop them into it while hot.

*Salt.*—Salt was held in great estimation by the ancients; setting salt before a stranger was a token of friendship; to spill it was deemed ominous. A family salt-cellar was preserved with great care.

The office of *grand pannetier* at the king's table which formerly existed, is now extinct. His service was to bear the salt and the carving-knives, on state occasions, from the pantry to the king's table; and his fees were the salt-cellars, spoons and knives, which lay upon the royal table. He also served the bread to the sovereigns, and received as his fee the bread cover, called the *cover-pane*.

*Account of a Christmas Pie, taken from the Newcastle Chronicle of the 6th January, 1770.*—"Monday last was brought from Howick to Bewick, to be shipped for London, for Sir Henry Grey, Bart., a *pie*, the contents whereof are as follows, viz: 2 bushels of flour, 20 lbs. of butter, 4 geese, 2 turkeys, 2 rabbits, 4 wild ducks, 2 woodcocks, 6 snipes, and 4 partridges; 2 neats' tongues, 2 curlews, 7 black-birds and six pigeons; it is supposed a very great curiosity; was made by Mrs. Dorothy Patterson, housekeeper at Howick. It was near nine feet in circumference at bottom; weighs about twelve stone; will take two men to present it to table; it is neatly fitted with a case, and four small wheels, to facilitate its use to every guest that inclines to partake of its contents at table."

*Chicken Pie.*—Line the sides of a baking-dish with a good crust. Have your chickens cooked as for a fricassee, seasoned with salt, pepper, and butter; before they are cooked quite done,

lay them in the baking-dish, and pour on part of the gravy which you have thickened with a little flour. Cover it then with puff paste; in the centre of this cover cut a small hole the size of a dollar, and spread a piece of dough twice its size over it. When baked remove this piece and examine the interior; if it is getting dry, pour in more of the remaining gravy; cover it again and serve. It should be baked in a quick oven.

Pigeon and Veal Pies are made after the above receipt for chicken pie.

*The Effect of Pies upon Courtiers.*—Sir Robert Sidney was governor of Flushing in the Hague. Becoming tired of this difficult and onerous post, vexed and fettered as he was for want of means to sustain the honor of his country, he became home-sick, and earnestly solicited leave of absence for a few weeks, to visit his wife and children. Queen Elizabeth considered him a more efficient person than any one she could put in his place, and so refused to accede to his wishes. Great interest was made by Lady Sidney with the ladies of the bed-chamber and the ministers, to second her request. Among the presents she made to propitiate the ministers, were *boar-pies*. They were esteemed very choice dainties, and were sent from the Hague by poor Sir Robert for that purpose. It is noted, that after my Lord of Essex and my Lord Treasurer have their boar-pies, Lady Sidney reserved none for herself, but bestowed her two on Sir Robert Cecil, in the hope that he would second her suit for her lord's return; nor was she disappointed; the boar-pies proved super-excellent, and so completely propitiated Mr. Secretary, that the next time the petition of Sir Robert Sidney was presented to her Majesty by her ladies, he knelt down, and besought her Majesty to hear him in behalf of the home-sick ambassador; and after representing the many causes which rendered him so desirous of revisiting his native land, entreated her only to license his return for six weeks.

But the Queen was obdurate. Whether the boar-pies failed to reach her Majesty, or she was not to be moved by such things, is not known.

*Birds in a Pye.*—"A usual dish at Queen Elizabeth's table was a large pye, from which, when opened, flew a covey of birds. Thus literally and historically true are the nursery rhymes :

'Four and twenty blackbirds  
Baked in a pye;  
When the pye was opened  
The birds began to sing,  
And was not this a dainty dish  
To set before a king?'

*A Dwarf in a Pye.*—"But if we think the above strange, what shall we say to baking, or at least encrusting a dwarf in a pie—a real live man! This was done at an entertainment given by the Duke of Buckingham to Charles and Henrietta, soon after their marriage. The dwarf, Geoffrey Hudson, was then eighteen inches high, and as soon as the pie was carved, he was released from his strange durance, presented to the Queen, and remained afterward in her household."—MRS. STONE.

*A Rare Pie.*—We are told of an entertainment of the Earl of Carlisle's, where one person ate to his own share a pie which cost *ten pounds*. We do not know of what the pie was chiefly formed, but amongst other ingredients were ambergris, musk, and magisterial of pearl.

In the "Accomplished Cook," published in the sixteenth century, we find the receipt for an *artificial hen made of puff paste*, with her wings displayed, sitting upon eggs of the same materials, in each of which was enclosed a fat nightingale, seasoned with pepper and ambergris.

*Fricasseeed Chickens.*—Cut them up, and lay the pieces in a kettle with sufficient water to cover them. A slice of salt pork cut into bits and cooked with the chicken, seasons it well. After boiling a few minutes, skim the surface, and sprinkle in pepper. When the chickens are boiled tender, take the pieces up, and let the water boil down if there seems too much for gravy. Work a little flour and butter together, and stir it into the gravy. Where the chickens are fat, they require little or no butter; but generally a little is necessary: in this, as in all cooking, the cook must exercise her own judgment. Lay the chickens back in the gravy a few moments, and then serve all together.

*Potted Pigeons.*—Make a stuffing of bread and butter, seasoned with salt, pepper, and summer-savory, worked together with an egg. When the birds are ready for cooking, put a ball of stuffing in each; sprinkle salt, pepper, and flour over them, and place them in a pot with the neck down, covering them with water. Cover the pot, and let them cook slowly. Watch them, and turn them, if necessary. If they prove tough, they may require more water; if tender, you may have to take them up before the water is boiled down to make the gravy. Put butter and flour to the gravy, and lay the pigeons into it again, that they may brown a little; when this is done, serve hot.

*Un Rôti sans Pareil.*—The following receipt for an extraordinary dish, is from the pen of a celebrated gastronomer, De la Reynière; we give it for the amusement, if not advantage, of our lady readers; they can judge for themselves of its practicability “Stuff a fine large olive with capers and *jolets d’anchois*; then place the olive inside the body of a fig-picker, from which you cut the head and feet; then inclose the fig-picker in the body of a plump ortolan, neatly dressed; then insert the ortolan in the body of a fat lark, from which you dissect the principal bones;

then cover the lark with a thin slice of lard, and put it into the body of a thrush ; which, having in like manner dissected, you stuff inside a fat and juicy pail, (a wild one preferred,) which you should cover with a vine-leaf, and insert in the body of a lap-wing ; which is boned, and trussed, and inserted in the body of a golden plover ; which, in its turn, is covered with lard and inserted in a young woodcock ; having rolled this in grated bread-crumbs, place it in the body of a neatly prepared teal ; which put into the body of a guinea-hen ; which secrete in the body of a young wild duck ; which engage in the body of a chicken ; which conceal inside of a young and carefully selected pheasant ; which entomb in the body of a young and fat goose, (wild, of course ;) which insert in the body of a very fine hen turkey ; which finally enclose in the body of an *outarde*, (a species of wild turkey,) or a young swan, and fill the interstices with Lucca chestnuts, forced meat, and a savory stuffing. Having thus prepared the roast, put it into a pot sufficiently large, with onions, cloves, carrots, chopped ham, celery, a bouquet of parsley and thyme, mignonette, several slices of salt pork well salted, pepper, salt, fine spices, coriander seeds, and one or two sprigs of garlic. Seal this pot hermetically with a strip of paste or clay, place it on a slow fire where the heat will penetrate it gradually, and let it remain twenty-four hours. Then uncover it, skim it if necessary, and serve on a hot dish."

*Carving.*—Carving was anciently taught as an art, and it was performed to the sound of music. In later times, we read in the life of Lady M. W. Montague, that her father, the Duke of Kingston, "having no wife to do the honors of his table at Thoresby, imposed that task upon his eldest daughter, as soon as she had bodily strength for the office, which, in those days, required no small share ; for the mistress of a country mansion was not only to invite—that is, to urge and tease her company to eat more

than human throats could conveniently swallow,—but to carve every dish, when chosen, with her own hands. The greater the lady, the more indispensable the duty. Each joint was carried up in its turn to be operated on by her, and her alone; since the peers and knights on either hand were so far from being bound to offer their assistance, that the very master of the house, posted opposite to her, might not act as her croupier; his department was to push the bottle after dinner. As for the crowd of guests,—the most inconsiderable among them—if suffered through her neglect, to help himself to a slice of the mutton placed before him, would have chewed it in bitterness, and gone home an affronted man. There were at this time professed carving masters, who taught young ladies the art scientifically, from one of whom Lady Mary took lessons three times a week, that she might be perfect on her father's public days,—when, in order to perform her functions without interruption, she was forced to eat her own dinner alone, an hour or two beforehand.”

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### VEGETABLES.

VEGETABLES have been more improved in their qualities and appearance by careful cultivation, than many persons are aware. Celery, so agreeable to most palates, is a modification of a plant, the taste of which is so acrid and bitter, that it cannot be eaten. Our cauliflowers and cabbages, which weigh many pounds, are largely developed coleworts that grow wild on the sea-shore, and do not weigh more than half an ounce each. Beets and carrots were originally little more than hard stringy roots; and the potato was at first no larger than a walnut. Turnips and carrots are thought to be indigenous roots of France; cauliflowers came from Cyprus; artichokes from Sicily; lettuce from Cos; peas from Syria;

beans from Persia; spinach from Western Asia; radishes from China; onions from the East; and rhubarb from Tartary.

We shall first speak of the potato. The "Irish potato" is indigenous to Chili. It was first noticed there by the Europeans, in 1588. It was brought from Virginia to Ireland, by Sir Walter Raleigh, in 1586; and being there cultivated, and its valuable nutritious qualities appreciated, it was from thence taken to England, where it has always borne the name of Irish potato.

*How to boil the Irish Potato.*—Choose your potatoes of the same size, and if very large, cut them into halves or quarters. They should be put into the pot with a good handful of coarse salt, and the water, (which should be cold,) must not quite cover them, nor should the lid be closed. When half done, remove those at the bottom to the top. When the whole appear completely cooked, try them with a fork, and if soft, the water should be instantly poured off, and the potatoes left in the pot by the side of the fire. Some kinds are better boiled with the skins on, and others peeled; experience alone will teach the difference. If you wish to brown them after peeling, dip each in a beaten egg and brown in the oven.

*Mashed Potatoes.*—After carefully peeling the potatoes, and taking out the eyes or specks, mash them in a warm saucepan, adding milk, butter, and salt, until nicely seasoned. To make the mixture light, take two forks in one hand, with the points of the prongs turned outwards, and beat the potato until it becomes quite light. Keep it near the fire in your saucepan, until dinner is ready to be served; otherwise it will make its appearance cold, and hard as paste.

To obviate this last difficulty, some persons, after nicely preparing the potato, turn it out into an earthen dish, smooth it, and spread over the top the beaten white of an egg. Brown it in a hot oven, or before a fire.

“*Potatoes with the bone in.*”—We have all wondered why our Irish servants persist in bringing half-boiled potatoes to the table, notwithstanding our repeated orders to the contrary. Dr. James Johnson, in his tour in Ireland, discovered that it was almost a universal custom among the poor of that country, to only half boil their potatoes, leaving the centre so hard, that it is called the *bone* of the potato.

“There is scarcely a more indigestible substance taken into the human stomach, than a half-boiled potato; and, to a dyspeptic, it would be little less than poison. It is this very quality of indigestibility, that recommends the *parboiled* potato to the poor Irishman. The laboring classes have rarely more than two meals, in the twenty-four hours; and if their potatoes were well boiled, the pangs of hunger would be insufferable, during a considerable portion of the day and night. Custom, fortunately, is a second nature; and custom has so reconciled the poor Irishman’s stomach to this food, that even the children complain if they find no ‘bone in the potato.’”

*Yams or Sweet Potatoes.*—These potatoes generally require to be boiled an hour; if very large, boil them still longer. They are much improved by lying in the oven five or ten minutes after they are boiled, previous to serving them.

The sweet potato is a native of India; from thence brought to Spain, and from Spain to England, and other parts of the globe. In Gerard’s time, 1597, Virginia potatoes, as they were then called, were just beginning to be known. A sweet potato had been previously known, which was used as a kind of confection at the tables of the rich. Of these, Gerard says: “They are used to be eaten rosted in the ashes; some, when they be so rosted, infuse them, and sop them in wine; and others, to give them the greater grace in eating, do boil them with prunes, and



so eat them. And likewise others dresse them (being first roasted) with oile, vinegar, and salt, every man according to his own taste and liking; notwithstanding howsoever they be dressed, they comfort, nourish, and strengthen the bodie." These were sold by women, who stood about the Exchange with baskets. The same writer says of the common potato, which, for a considerable time after its introduction, was a rarity, that "it was likewise a foode, as also a meete for pleasure, being either roasted in the embers, or boiled and eaten with oile and vinegar, or dressed anie other way by the hand of some cunning in cookerie."

*Indian Corn.*—Corn for *boiling* should be fully grown, but young and tender, and the grains soft and milky; when hard and yellow they are too old.

Strip the husks and silk off the ears; leaving, however, the last husk on the ear, as it adds to the sweetness, and keeps it hot. Boil fast for half an hour or more, until tender, then send it hot to the table.

*Dried Corn for Winter.*—Shave off the corn, dry it in an oven, put it in a paper bag, and hang it up in a dry place. When you wish to use it, soak it twelve hours. Put it over the fire in the same water, and boil about twenty minutes; when soft, add butter and salt.

*To make Succotash in Winter.*—Take small white beans, soak them twelve hours, and then put them over to boil. When half done, add the corn, and let them boil until soft, when add butter, salt, and pepper.

*Green Corn Cakes.*—Mix one pint of grated corn with three table-spoons of milk, one tea-cup of flour, half a cup of melted butter, one egg, one teaspoon of salt, and half a teaspoon of pepper; drop this mixture into hot butter by the spoonful, and fry the

cakes eight or ten minutes. These cakes are nice to be served with meats at dinner.

*Corn Oysters.*—Take two dozen ears of large, young, and soft corn, grate it from the cob as fine as possible, and dredge it with wheat flour. Beat four eggs very light, and mix them gradually with the corn; stir the whole with your hand, adding a salt-spoon of salt; melt equal portions of lard and butter in a frying-pan; stir it so that they may well mix together, and when it is boiling hot, put in the mixture, in the form of oval cakes about three inches long, and one inch thick. Fry brown, and send to the table hot. They strongly resemble fried oysters, and when well done are always liked as a side dish at dinner.

*Green Corn Dumplings.*—One quart of young corn grated from the cob, half a pint of wheat flour sifted, half a pint of milk, two eggs, six table-spoons of butter, salt and pepper. Grate the corn, mix it with the flour, adding salt and pepper. Warm the milk in a sauce-pan, and melt the butter in it. Pour this gradually to the corn mixture, stirring it hard. Then set the whole away to cool. Beat the eggs light, and stir them into the mixture when it is sufficiently cooled. Flour your hands, and make it into small dumplings. Drop them into boiling hot butter, and fry ten minutes; then drain and serve hot.

*Parched* corn was in constant use among the American Indians, and chiefly relied upon by them in their journeys and hunting expeditions.

A Khan of Tartary, who subsisted on rapine, and fed on nothing but horseflesh and mares' milk, caused a herald to proclaim, every day after his repast, "that the Khan having dined, all other princes, potentates, and great men of the earth might go to dinner!"

*Turnips.*—Turnips are less likely to be bitter, if they are cut into several pieces, and boiled in plenty of salted water. When they are nearly done, take off the cover of the kettle, that the vegetable may dry a little. Turnips require from half to three-quarters of an hour to boil, according to their age. If they are very watery when preparing them for the table, drain off all the water, and mash a small, mealy potato with them. Butter, salt, and pepper them. Peel them before boiling.

*Squashes.*—Summer squashes should be boiled whole, or cut in halves, and mashed without peeling, as the skin is generally the sweetest part. Where there is a thick, tough skin, it should of course be removed. Winter squashes are peeled after boiling. Mash them, and season with care.

Never use strong or rancid butter in seasoning vegetables.

*Boiled Onions.*—Boil them first in water, and when nearly cooked, pour off the water, and add milk; which boil them in till done. Then take them up, butter, salt, and pepper them well, and serve.

In Egypt, and other parts of the East, garlic or onions enter into the composition of almost every dish. In ancient times, onions were forbidden to the priests of Egypt, but they appear to have been eaten by the generality of the people; the Hebrews complaining, in their wanderings, that they remembered the leeks, and onions and garlic, as well as the cucumbers and melons of Egypt. This vegetable is said to have originated in Africa, but was eaten by the Greeks; though one of their poets tells them,

“You must have *cheese*, and *honey*, and *sesame*,  
*Oil*, *leeks*, and *vinegar*, and *assafetida*  
to dress it up with, for by itself the onion is bitter and unpleasant to the taste.”

The Spaniards scarcely prepare a dish without onions or gar-

lic, and, indeed, upon the continent generally, it is indispensable. The French cooks use it in a thousand ways, concealing it adroitly, in their great and little sauces.

Sancho Panza says, "To tell you the truth, what I eat in my corner without compliments or ceremonies, though it were nothing but bread and an onion, relishes better than turkey at other folks' tables, where I am forced to chew leisurely, drink little, wipe my mouth often, and can neither sneeze nor cough when I have a mind."

*Artichokes.*—The portion eaten is the under side of the head before the flower opens. The whole head is removed and boiled, the leaves laid aside, and the bottom eaten with a sauce of butter and spices, or pepper and salt. In Italy, artichokes are eaten *raw* with oil, pepper, and salt. In England, they are always boiled. The French and Germans boil the stalks, and eat them with butter and vinegar. The French also gather the heads, when not larger round than a dollar, and eat the lower end of the leaves raw, dipping them in oil, pepper, and vinegar. Some persons treat them in every way like turnips.

*Asparagus.*—Wash the asparagus, tie the stalks of the same size together, and put them on to boil in *hot* water, in which a little salt has been sprinkled. They will cook in about fifteen minutes; when soft, take them up carefully into the dish in which they will be served; cut the strings, and draw them out so as not to break the asparagus. Butter, salt, and pepper it well. This has been esteemed a delicate culinary herb from the earliest times.

M. Hue, in his travels into Tartary, made use of many substitutes for favorite vegetables. The young ferns, before the leaves have unfolded, he boiled and used in the place of asparagus.

He says, they were very nice. Like the French generally, he knew how to turn every thing to the best possible advantage in cooking; and if unable to get the best articles, to make something else serve as a substitute.

*The Cabbage.*—"We can call up the shades of the Greeks and Romans to prove that the cabbage has merited the suffrages of the first people of the earth. Cato, for example, the severe Cato, an enemy to all physicians, treated every sickness in his household with cabbage, without distinction of disease, and wonderful to relate, his people never found themselves the worse for it. Moderns have not loved cabbage less than the ancients. The Germans have such a passion for it, that it is connected in some way with the majority of their dishes." Cabbages, cauliflowers, and kohlrabis, spring from a species of Brassica, which, in its natural state, has woody stems and leaves, and useless roots. Cultivation has changed their nature, and rendered them valuable for food. About 1640, Sir Anthony Ashley first planted cabbages in England; before that period, the English obtained them from Holland. Upon Sir Anthony's monument, a *cabbage* is represented lying at his feet. The American cabbage palm-tree often reaches to the height of one hundred and fifty feet; it is crowned at the top with leaves, which grow so closely, as to form in the centre a white heart of two or three inches in diameter. Trees are often cut down to obtain *this single cabbage*; it is eaten raw, fried, or boiled.

*Cauliflower.*—This delicate vegetable should be wrapped in a cloth when boiled. Some persons first parboil it, then put it into cold water until near the time to be served, then boil it a few minutes; which makes it firmer than when cooked in the usual manner. Serve it with melted butter.

*Broccoli* is cooked like the cauliflower. The cauliflower plants

should be taken from the ground at the first frost, and placed in the cellar, where they will flower during the winter.

*Kale.*—The Germans cook kale in the following manner:—Cut out the ribs or stiff stalks of the leaves. Put the leaves on to boil in salt and water; when nearly cooked, pour off the water, and cover with fresh water. When soft, take them up into a sauce-pau in which is a little butter and browned flour; stir it quickly, and serve without vinegar.

*Boiled Cabbage.*—Cut the cabbage into quarters, and examine carefully that there be no worms concealed in it. If boiled with meat, it will become tender, sooner than when boiled in clear water; with the former, twenty minutes will suffice; but from half to three quarters of an hour are necessary to cook it by itself. In the latter case, throw a little salt into the water. When you serve, take it up in a vegetable dish, drain off all the water; cut the cabbage across several times with a knife, pepper it, and if boiled without meat, butter the top a little, and pour vinegar over the whole.

*Kohl-rabi.*—Kohl-rabis are cooked in the same manner as cabbage, and dressed with vinegar.

The term vinegar comes from "*Vin aigre*," (sour wine,) which indicates the source from which it was first produced.

*Cold Cabbage.*—Remove from the cabbage the old decayed or withered leaves; then cut it in quarters, and examine the inside carefully, lest a worm or insect lurk within its leaves; pull it apart in order to detect them. Cut down your cabbage with a sharp knife, or chop it fine in a wooden bowl; turn it into a dish, pour good vinegar over it, and season with mustard, salt, and pepper.

*Parsnips.*—This vegetable is said to be improved by boiling in molasses and water, thus changing the sweet, sickish taste. Butter them hot. Parsnips are good fried after having been boiled.

*Dandelions for Greens.*—Dig up the whole plant, root and all, before it blossoms. After washing, pour boiling water over it, and let it stand some time to take out the strong bitter taste; throw this water away, and boil the greens fifteen minutes; throw in salted water. Be careful to drain off all the water, and serve with vinegar and butter.

*Spinach.*—This is a delicate and favorite vegetable for greens. Boil in salted water; when done, thoroughly drain off the water, and prepare it for the table by putting on butter. Vinegar is usually eaten on it.

A French physician has called spinach the “broom of the stomach;” “le balai de l'estomac,” for it cleanses and purifies that organ.

*To Boil Peas.*—Peas, when young and tender, require only fifteen minutes' boiling. If older, a very small bit of saleratus thrown into the water while boiling, softens them sooner than they would otherwise. When served, butter them well, and season with salt and pepper to your taste.

*Stringed Beans.*—These beans require more or less boiling, according to their age; if young, fifteen or twenty minutes will suffice, but when full grown, half an hour at least is necessary. Season well with butter, salt and pepper.

*Green Lima Beans for Winter Use.*—“You can have Lima beans

in midwinter, for your dinner, as green and plump as in summer, by taking a little trouble. Gather them a little younger than for cooking immediately; then spread them upon the floor of some dry, airy room; turn them over once or twice while drying; soak them twelve hours before cooking; they will be as nice as when fresh."—DOWNING.

*Fried Cucumbers.*—Take the cucumber just as it begins to turn yellow, peel and slice it in salt and water, drop it into hot water, and boil until tender. Season it with pepper and salt, and fry it in butter. You can scarcely tell it from the egg-plant.

*Fried Oyster Plant, or Salsify.*—Scrape the roots as you would parsnips; boil them tender; then mash them, and add an egg and some rolled soda cracker. Make into cakes, and fry in butter. Serve while hot.

*Another mode* is, to boil until tender a pint or more of salsify; mash fine; then add pepper, salt, butter, a few spoonful of cream or milk, a little flour, and two beaten eggs. Make into small cakes, dip them in flour or egg batter, and fry them brown.

A *third* way is to boil them soft, take out the largest, cut them in circles, and dip them in a batter, (made of egg, thickened with flour, or rolled cracker,) and fry them in hot butter: when brown, season properly, and serve.

The water in which the salsify has been boiled, may be seasoned with butter, pepper, and salt, and poured over toasted bread.

*Salsify Toast.*—Boil the salsify in milk until the slices are tender, adding pepper, salt, and butter. When ready to serve, stir in two or three well-beaten eggs, taking care not to let it boil afterward. Pour it over slices of toasted bread.

*To keep Celery through the Winter.*—Take up the plants, cut



off a portion of the leaves, and pack the plants in a box or barrel, with the roots down. After putting as many side by side as there is room for, sift in dry sand enough to cover them, and put in another layer of the plants, sanding as before, and so on until the box is full. Keep it in a cool cellar or room, where little frost can reach them.

Another way to pack them, is to set the plants closely together on the bottom of the cellar, and cover with sand nearly to the top of them.

The *blanched* leaf-stalks of celery are much eaten with us; in foreign countries, the *unblanched* leaves are used for soups. The *root* of a certain variety, called celeriac, is cut into slices and put in soups, to which it imparts an excellent flavor. The Germans boil these roots for salad, and, when cold, dress it with oil and vinegar. They scrape the roots before boiling, and put them over the fire in cold water.

*Tomato Sauce.*—Peel and slice the tomatoes in an earthen or tin dish. While cooking, watch and stir them frequently, adding salt, pepper, and, at the last, a little butter. If they are very juicy, stew them well, as the flavor is improved by a good deal of cooking. Serve cold.

*Tomato Toast.*—Prepare the tomatoes as for sauce, and while they are cooking, toast two slices of bread very brown, but not burned, butter them on both sides, and pour the tomato sauce over them.

*Tomato for Winter Use.*—“Every housekeeper fond of fresh tomato sauce, can have it through the winter by drying tomatoes, during the season, on every baking-day, after the following rule: choose tomatoes of small or moderate size; gather them when quite ripe, but before they get to be watery; scald them in boil-

ing water; peel, then squeeze them a little. Spread them on plates, and dry them in a brick oven from which the bread has been taken. Leave the dishes in all night. Put them away in bags in a dry place. When you wish to cook any of this tomato, soak it a few hours in warm water, then stew, as you would the fresh tomato."—DOWXING.

*Egg-Plant.*—Cut it into slices a quarter of an inch thick, and let them soak two hours in cold salt and water. Then fry them in butter, letting them brown thoroughly.

*Green Melons prepared as Egg-Plant.*—Green melons that come on too late in the season to ripen, are excellent, when cut into slices a quarter of an inch thick, and fried like egg-plants, in butter.

*Mushrooms.*—It is important for persons who employ mushrooms as food to be able to distinguish the wholesome from the poisonous. The following general rules are given by M. Richard, in the *Dictionnaire des Drogues*: Those should be rejected which have a narcotic or fetid odor, or an aerid, bitter, or very acid taste; which occasion a sense of constriction in the throat when swallowed; which are very soft, liquefying, changing color, and assuming a bluish tint upon being bruised; which exude a milky, acrid, and styptic juice; which grow in very moist places, and upon putrefying substances; in fine, all such as have a coriaceous, ligneous, or corky consistence. The last are injurious in consequence rather of their indigestible, than of their poisonous nature. Even mushrooms which are usually edible, may prove poisonous, if collected too late, or in places which are too moist." In general, those should be suspected which grow in caverns or subterranean passages, or on animal matter undergoing putrefaction, as well as those whose flesh is soft and watery. The safe kinds have most

frequently a compact brittle substance; the flesh is white; they grow more readily in open places, such as dry pastures and waste lands, rather than in humid spots, or those shaded by wood.

*To cook Mushrooms.*—Broil them nicely over a hot fire, pepper, salt, and butter them; serve them with toast; or, fry them quickly in a sauce-pan with melted butter.

A truffle is a kind of mushroom, sometimes served as a salad; it is very good, and very costly.

*Macaroni.*—Soak and boil the macaroni in milk and water, when soft put it in a baking-dish, add one egg, and bake it till browned. Sometimes it is served without baking, but does not make as nice looking a dish. The grated cheese, which is usually added to it by professed cooks, can be used or not, to suit the taste; but it renders it less digestible. Macaroni is very light and nutritious, and well worthy the attention of vegetarians.

*Rice.*—For a side-dish with roast meats, put a cup of rice into cold water, with a spoonful of salt; keep it covered while boiling, that the grains may swell, and do not stir it much after it is cooked, as it looks better where the grains are whole. Add a cup of milk and a lump of butter just before serving.

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## SALADS.

### AN ANCIENT ROMAN PEASANT'S SALAD.

With hasty steps his garden-ground he sought;  
 There delving with his hands, he first displaced  
 Four plants of garlic, large, and rooted fast;  
 The tender tops of parsley next he culls,  
 Then the old rue-bush shudders as he pulls,  
 And coriander last to these succeeds,  
 That hangs on slightest threads her trembling seeds.

Placed near his sprightly fire he now demands  
 The mortar at his sable servant's hand ;  
 When stripping all his garlic first, he tore  
 Th' exterior coats, and cast them on the floor,  
 Then cast away with like contempt the skin,  
 Flimsier concealment of the cloves within.  
 These search'd, and perfect found, he, one by one,  
 Rins'd, and disposed within the hollow stone.  
 Salt added, and a lump of salted cheese,  
 With his injected herbs he cover'd these,  
 And tucking with his left his tunic tight,  
 And seizing fast the pestle with his right,  
 The garlic bruising first he soon expressed,  
 And mix'd the various juices of the rest.  
 He grinds, and by degrees his herbs below,  
 Lost in each other, their own pow'rs forego.  
 And with the cheese in compound, to the sight  
 Nor wholly green appear, nor wholly white.  
 The work proceeds ; not roughly turns he now  
 The pestle, but in circles smooth and slow,  
 With cautious hand that grudges what it spills,  
 Some drops of olive-oil he next instils.  
 Then vinegar with caution scarcely less,  
 And gathering to a ball the medley mess,  
 Last, with two fingers frugally applied,  
 Sweeps the small remnant from the mortar's side,  
 And thus complete in figure and in kind,  
 Obtains at length the salad he designed."

*COWPER's translation of Virgil*

SYDNEY SMITH'S RECEIPT FOR DRESSING SALAD.

To make this condiment, your poet begs  
 The pounded yellow of two hard-boil'd eggs ;  
 Two boil'd potatoes, pass'd through kitchen sieve,  
 Smoothness and softness to the salad give.  
 Let onion atoms lurk within the bowl,  
 And, half suspected, animate the whole.  
 Of mordant mustard add a single spoon,  
 Distrust the condiment that bites so soon ;  
 But deem it not, thou man of herbs, a fault,  
 To add a double quantity of salt.  
 And, lastly, o'er the flavor'd compound toss  
 A magic soupçon of anchovy sauce. •

Oh, green and glorious! Oh, herbaceous treat!  
 'Twould tempt the dying anchorite to eat;  
 Back to the world he'd turn his fleeting soul,  
 And plunge his fingers in the salad bowl!  
 Serenely full, the epicure would say,  
 Fate cannot harm me, I have dined to-day.

The English word mustard, is said to have originated in the French phrase "Moult me tarde," (I wish ardently,) which was the motto of the Duke of Burgundy. He obtained one thousand men from Dijon, in return for which assistance he permitted that town to bear his armorial ensigns with this motto. The device was affixed over the principal gate; in time the middle word became erased, and the other two were printed on the labels which the merchants pasted on pots with this commodity, and sent all over the world.

*Spanish mode of dressing Salad.*—It is a Spanish proverb that four persons are necessary to the proper preparation of a salad:—a spendthrift for oil, a miser for vinegar, a counsellor for salt, and a madman to stir it all up. Take lettuce, or whatever salad is to be got; do not cut it with a steel knife, but tear the leaves from the stem, which throw away; wash the mass in many waters, and rinse it in napkins till dry; prepare in a small bowl, equal quantities of vinegar and water, a tea-spoonful of pepper and salt, and four times as much oil as vinegar and water; mix the same well together; prepare in a plate whatever fine herbs can be got, especially tarragon and chervil, which must be chopped small. Since salad is often spoiled from making it long before it is to be eaten, destroying the crisp freshness of the plants, do not mix the sauce with the herbs, etc., until the instant that you are ready to transfer the result to your plate.—Then pour the sauce over the salad, powder it with these herbs, and lose no time in eating.—FORD'S *Spaniards and their Country*.

*Dressed Lettuce.*—Wash the lettuce, and examine the leaves that there be no insects left upon them; but be careful not to break or “wilt” the leaves. Your lettuce will present a more attractive appearance if you serve it without dressing. Let each person then dress it to suit his own taste; or the hostess may prepare for the whole company. The dish of lettuce and the cruet being placed near, first turn out the yelk of a hard-boiled egg into a cup, add a tea-spoonful of mustard, one table-spoon of salad oil and salt. Mix them well, and half fill the cup with vinegar, and pour it over the lettuce, which you have previously well cut up.

*Another rule for dressing Lettuce.*—Take two large lettuces, remove the faded leaves, and the coarse green ones; then pull each leaf off separately, cut it lengthwise, and then in four or six pieces; proceed thus until finished. Having cut it all up, put it into a bowl; sprinkle over with your finger a small tea-spoonful of salt, and half a one of pepper; add three of oil, and two of English vinegar, or one of French; with the spoon and fork turn the salad lightly in the bowl, till well mixed; the less it is handled the better. The French add onions, garlic, and sometimes—to improve the appearance of the salad when on the table, before being used,—they intermix, with taste and care, the flower of the nasturtium.

*Mustard and Cress.*—These, if eaten alone, make an excellent salad; they should be quickly washed and used,—dressed as lettuce.

*Salad Sauce.*—Boil one egg hard; when cold, remove the yelk, bruise it to a pulp with a spoon, then add a raw yelk and a tea-spoonful of flour, a small tea-spoonful of salt, and a quarter of pepper; to this add half a spoonful of vinegar; stir it, pour

over it a tea-spoonful of oil by degrees ; keep stirring, then a little more vinegar, and more of oil, until eight tea-spoonsful of oil and three of vinegar are used ; season, if you like, with celery, or half a tea-spoonful of chopped onions, two of parsley, a pinch of cayenne, and six tea-spoonsful of cold drawn butter. The white of the egg may be chopped up, and added. This sauce will keep for some time, if properly corked.

*Chicken Salad.*—Cut up a boiled chicken into small pieces, and pour over it the above salad sauce, seasoning with celery, and using melted butter, instead of salad oil, if preferred. Any cold meat or poultry can be made into a relishing dish, by preparing after the above method.

*Lobster Salad.*—Have a bowl half filled with any kind of salad herb you like, either lettuce, or celery, or cauliflower, or onion, etc. Then break a lobster in two, open the tail, extract the meat in one piece, break the claws, cut the meat of both in small slices about a quarter of an inch thick, and arrange these tastefully on the salad. Take out all the soft part from the belly, mix it in a dish with a tea-spoonful of salt, half of pepper, four of vinegar, four of oil ; stir it well together, and pour on the salad ; then cover it with two hard eggs, cut in slices, and, to vary, a few capers and some fillets of anchovy ; stir lightly, and serve.

“ A sharp vinegar destroys its own barrel.”

## PICKLES.

THE notable housewife has often wondered how it was that all the pickles of the shops were of so much more inviting color than her own; but when she is informed that it is now proved, beyond doubt, that "to this complexion do they come" by the use of copper, introduced for the sole purpose of making a lively green, she will feel jealous no longer, and rest satisfied that the home-made articles, if less inviting and vivid in color, are at least more wholesome. Chemists have also found that the vinegar in the bottles owes most of its strength to the introduction of sulphuric acid. A simple test to discover the presence of copper in such articles, is to place a bright knitting-needle in the vinegar, and let it remain there for a few hours, when the deleterious metal will speedily form a coating over it, dense or thin, according to the amount which exists. Wherever large quantities are found, it is wilfully inserted for the purpose of producing the bright green color; but a small quantity may find its way into the pickles in the process of boiling in copper pans. Instances are known of sickness, produced by eating pickles that had been allowed to remain in a brass kettle until cold. A porcelain kettle is the safest to use. After attending a dinner party in London, several persons were taken sick, and, without any known cause, died suddenly. Many years after, when the cook was near her end, she confessed that through her carelessness in preparing the pickles for the entertainment, these deaths were caused. The pickles had been allowed to remain for hours in a brass kettle, until they were completely poisoned.

*Pickled Peaches.*—To six lbs. of the fruit, three lbs. of sugar,



one quart of vinegar, cinnamon and spice. Add the sugar and spices to the vinegar; then heat the latter, and skim the surface. Put in the peaches, and boil them until tender enough to prick with a fork. Take them up, and, after a few days, heat the vinegar again, and pour it over them.

*Pickled Pears.*—Pears are pickled after the same rule as the above for peaches.

*Pickled Sweet Apples.*—To half a peck of sweet apples, make a syrup of two lbs. of sugar and one pint of vinegar. Boil the apples in this syrup until tender; then remove them, and make a new syrup of two and a half lbs. of sugar and one pint of vinegar. Add one teaspoon of cloves, and the same of cinnamon, tied in a bag. Boil the syrup fifteen or twenty minutes; then pour it, while hot, over the fruit. The first syrup is good for other sauces.

*Pickled Cherries.*—To six lbs. of cherries, three lbs. of sugar and one quart of vinegar. Lay the fruit into the jar in which it is to be kept; dissolve the sugar in the vinegar, throwing in cinnamon and cloves. Heat the vinegar, and skim the surface; then pour it over the fruit. After standing a few days, if it seems necessary, scald the vinegar, and pour over the fruit again.

*Pickled Plums.*—Follow the above rule for pickling cherries.

*Sweet Pickled Cucumbers.*—Pare and cut in halves ripe cucumbers. Remove the seeds; then to one quart of vinegar, put three pounds of sugar and spices. Scald them together, skim the surface, and pour over the cucumbers.

*Green Pickled Cucumbers.*—Small cucumbers are the nicest for pickling; pick them from the vines as you find them of the right size, and lay them in salted water. When you have gathered enough for a full jar, soak them in clear water for twelve hours;

then place them in the jar, heat spiced vinegar and pour it over them; cloves and red pepper are the proper spices for this vinegar. These pickles are for immediate use. It may be necessary to heat the vinegar a second time, and pour it hot over the pickles as before. Cucumbers to keep for winter pickles, when first pickled, should be rinsed and laid down in a jar or tub, with salt on the bottom; then a layer of cucumbers, another of salt, and so on, until the tub is full. Some persons keep them in a strong brine of salt and water, laying a weight upon them to keep them down. Before putting the weight upon them, spread a cloth upon the cucumbers, fastening it with cross sticks; upon this, lay the weight. This cloth is to keep the scum which is upon the surface of the brine from the pickles. By either of the above methods, the cucumbers will keep for months. When you wish to put them to the vinegar, prepare them after the following manner.

*Preparing Winter Pickles.*—Take them from the brine, place them over the fire, and cover with *fresh* water; when they are scalded, take them from the fire, and after throwing a little salt into the water, set them (in the kettle) to cool. The next day pour off the water, cover them again with fresh water, scald up and set away to cool, throwing in a little salt as before. Repeat this process for nine days; then scald the vinegar, dissolving in it a bit of alum the size of a nutmeg for a moderate-sized jar of pickles; while hot, pour the vinegar over the cucumbers; after a few days, if necessary, heat the vinegar a second time, and pour it over them. Pickles thus prepared have no white scum rising on the surface.

*Pickled Beets.*—Boil them until tender, and while hot, drop them whole, if small, into spiced vinegar; if large, slice the beets. The spiced vinegar in which peaches have been pickled, is very good for beets.

*Pickled Cauliflower.*—Break off the flowers, put a layer of them

in a jar, and sprinkle salt over them; then another layer of the cauliflowers; then salt, and so on. Let them remain two or three days; then wash off the salt, and pour spiced vinegar boiling hot over them. If necessary, heat the vinegar a few days after, and pour it over them again.

*Boiled Pickled Cabbage.*—Wash the heads thoroughly, cut them into quarters, and boil until tender; then put them down in layers in a tub, sprinkling upon each layer salt, allspice, and ground cinnamon, using two oz. of salt, and one oz. each of cinnamon and allspice to eight quarts of cabbage. When put down, cover all with vinegar. The boiling before pickling is esteemed by many a decided improvement upon the old method of pickling *raw cabbage*, which is done as follows:—Chop the cabbage fine, salt and pepper it; lay it in a stone jar, and slice over it a boiled red beet and an onion, if you like it; then cover with scalding hot vinegar into which spices have been thrown.

*Pickled Nasturtions.*—Gather the seeds when green, and not quite fully grown; drop them into vinegar as you gather them; when you have a sufficient quantity, scald the whole in the vinegar and bottle them.

*Pickled Walnuts or Butternuts.*—Gather the nuts when so green that a pin can be thrust through them; scald them in hot water, and rub them in a cloth to remove the roughness; soak them in salt brine for a week or so; piercé them with an awl or needle, and put them in close jars, covering them with scalding vinegar, in which are cloves, cinnamon, &c.

*Pickled Onions.*—Boil small onions (until about half cooked) in salted water; then, while hot, drop them into a jar of spiced vinegar. Pepper is the best spice for this vinegar.

Pepper grows in Sumatra. It is a vine or creeping plant, the fruit hanging in clusters like the currant. This vine runs upon a pole. When the fruit is gathered at the proper time, it shrinks but little; a person skilled in the trade can easily distinguish what has been picked prematurely, by rubbing it in the hand, when it will impart much dust, and even sometimes crumble into dust.

It is said, that to chew parsley after eating onions, will remove the odor of the latter from the breath. Orris root has the same effect.

*Mangoes.*—Take small melons, cut them lengthwise, so as to open and take out the seeds, and put them into weak brine. Let them remain in it five or six days; then soak them in fresh water for twenty-four hours. Prepare horse-radish, stripped in small pieces, cucumbers of the smallest size, nasturtions, mustard-seed, and a few cloves. Fill the melons with them, and sew the halves together, or tie them with twine; lay them closely in a jar, and pour scalding vinegar over them, in which are a few small red peppers; cover the jar closely.

*Pickled Eggs.*—Boil the eggs hard, remove the shells, and lay the eggs whole in a glass or earthen jar; pour over them scalded vinegar, with powdered mustard in it; the latter will color the eggs a little. If you prefer it, spice the vinegar with pepper, cloves, or allspice. Eggs thus pickled are excellent with meat.

“They hae need o’ a canny cook, wha hae but *ae egg* to their dinner.”

*Pickled Tomatoes.*—Small tomatoes, when ripe, are the best for pickling. Let them stand in salt and water twelve hours; rinse them, stick cloves into each, and put them into a jar; pour

hot vinegar over them, cover closely, and if it do not penetrate sufficiently, heat the vinegar a second time.

*Higdom.*—A large supply of green tomatoes are usually found upon the vines quite late in the season, which it is convenient to preserve in the following manner:—Wash and chop them fine, sprinkle salt upon them, and cut several onions in slices, stirring them in well; cover all with a plate, and let it stand twelve hours; then pour off the water which has come out of it, and press it in a colander to remove the remainder. Pack it in a jar with good vinegar, salt, pepper, and mustard-seed.

The clove-tree is a native of the Spice Islands; the blossoms are first white, then green, and at last red and hard, when they become cloves. When dried, they turn yellow, and then dark brown.

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### DRINKS.

“O, how widely wandereth he  
 Who, in search of verity,  
 Keeps aloof from glorious wine!  
 Lo, the knowledge it bringeth to me!  
 For Barbarossa, this wine so bright,  
 With its rich red look and its strawberry light.  
 So inviteth me,  
 So delighteth me,  
 I should infallibly quench my inside with it,  
 Had not Hippocrates  
 And old Andromachus  
 Strictly forbidden it  
 And loudly chidden it,  
 So many stomachs have sickened and died with it.”

*Translation from Francesco Redi.*

A Greek writer quotes the following from an ancient poem, where *Bacchus* is introduced as saying :

“Let them *three* parts of wine all duly season  
 With *nine* of water, who'd preserve their reason;  
 The first gives health; the second, sweet desires;  
 The third, tranquillity and sleep inspires.  
 These are the wholesome draughts which wise men please,  
 Who from the banquet home return in peace.  
 From a fourth measure insolence proceeds;  
 Uproar, a fifth; a sixth, wild license breeds;  
 A seventh brings black eyes and livid bruises;  
 The eighth, the constable next introduces;  
 Black gall and hatred lurk the ninth beneath;—  
 The tenth is madness, arms, and fearful death;  
 For too much wine, pour'd in one little vessel,  
 Trips up all those who seek with it to wrestle.”

*French Currant Wine.*—To one quart of currant-juice add two quarts of water. As the squeezed currants still have some acid to them, put to them a pint more of water for every quart of juice which you have previously expressed; squeeze these currants again, and add the juice to the other liquid; let the latter stand in a tub over night; then skim the surface, add fifteen pounds of sugar to twenty quarts of the liquid; pour all into gallon jugs or casks, (if you are making a large quantity of wine,) leaving the cork out of the jugs, or the bung-hole open if you use casks, until all the sediment has risen to the top; draw it off then into bottles. Some persons add one gill of brandy to each gallon of the wine when putting it into bottles. Like all other wine, it improves by age. Where sweeter wine is preferred, one pound of sugar is put to each quart of the liquid.

Black currant wine is an excellent medicine, for fevers, ulcerous sore throats, and putrid dysentery.

“Drink with moderation; for inebriety neither keeps a secret nor performs a promise.”—*Spanish Prov.*”

*Gooseberry Wine* is made like currant wine, but with one-

third less sugar. In making this wine, use no berries that have fallen upon the ground, or have been shaded and grown sour. To one quart of juice, add two of water, and two pounds of sugar.

At one of the feasts which Cleopatra gave to Antony at Alexandria, she dissolved pearls in her drink, in order to render her entertainment more costly.

*Elderberry Wine.*—Pour seven gallons of water over three gallons of berries. After it has stood two days, boil it an hour, and press the juice through a coarse cloth; then add to it twenty pounds of sugar, one half pound of ginger, one oz. of cloves, one oz. of allspice. Boil all together; then put it in a tub, and, when cold, add some yeast spread on toasted bread; after two days, put all in a cask, leaving the bung loose for two months; add afterward one quart of brandy.

*Parsnip Wine.*—A delicious wine may be made from parsnips. Wash and scrape the roots clean, cut them up fine, and to every quart of the cut roots, add one quart of water; boil them a little more than an hour; strain the liquid, and to each gallon, add three and a half pounds of coarse sugar; stir it well, and when cool, set it to work with some yeast on a piece of toasted bread. After standing from twelve to eighteen hours, draw it into casks, having sufficient liquid to fill the cask from time to time, as is necessary in the process of working. After it is done working, close the bung firmly, and let it stand a year; then draw it into bottles, putting a lump of sugar in each bottle. This process is commenced in the spring of the year after the parsnips have remained in the ground all winter.

*Raspberry Wine*, when made like the currant, is said to be the most delicious of all home wines.

“Keep to old wine and old friends.”

*Fountains of Wine.*—During the progress of Richard II. and his first queen through the country, “at the upper end of Chepe, was a pageant of a castle with towers, from two sides of which ran fountains of wine.”

When the King and Queen approached the conduit at Cheapside, red and white wine played from the spouts of a tower erected against it, and the royal pair were served “with rosy wine, smiling in golden cups.”

In Russia, whortleberries are made into brandy and wine.

The German drink, “kirchwasser,” is obtained from the common black cherry; the stones are ground and broken with the pulp; the whole is fermented, and a distilled liquor obtained. “Mareschino,” a liquor of Italy, is obtained from a small cherry; honey being mixed with the leaves and fruit during the process of fermentation.

The cultivated cherry was brought from Asia Minor by the Roman general, Lucullus, and planted in his garden in Italy.

There are only two secrets a man cannot keep—  
One when he's in love, t'other when he's drunk deep;  
For these facts are so proved by his tongue or his eyes,  
That we see it more plainly the more he denies.—*Old Poet.*

*Metheglin.*—Mix one and a half barrel of water with as much honey as will cause an egg to rise a little above the water; then boil the mixture to one barrel, skimming off the surface; it will be a fine red or wine color, and clear; then remove it from the fire, and when cold, put it into a barrel, leaving the bung-hole open for several days until the fermentation be over; then stop it close, and put into a cold cellar.

*Ginger Beer.*—Three gallons of cold spring water, one quart of molasses, one table-spoon of cream-of-tartar, three table-spoons of ginger, one quart of yeast; mix together in a tub, and stand



for six hours. It may then be bottled, and will be fit for drinking in one day.

“It is climate that suggests the quality of drinks. While the North is cunning in the distillation of strong liquors, the South is equally remarkable for the ingenuity with which cooling drinks are prepared—from the choice lemonade and orgeat, to the delicious chopped ice-sherbet, with the orange-flower flavor.”

*Raspberry Vinegar, (Strawberries are done in the same way.)*—Put two quarts of ripe fresh berries into a stone jar, and pour on them a quart of vinegar; let it stand twenty-four hours; then strain it through a sieve, or flannel bag; pour the liquid over two more quarts of fresh berries, and let it again infuse for twenty-four hours; then strain it a second time; then to every pint of juice take a pound of loaf-sugar; let it melt in the liquor; put the whole into a stone jar, cover it closely, and set it into a kettle of boiling water, which must be kept on a quick boil for an hour; strain it well, and when cold, bottle it for use. When mixed with water, it is a pleasant cooling beverage in warm weather, or in cases of fever.

*Imperial.*—Take two gallons of water, two oz. of ginger, bruised, and two lemons; boil them together; when lukewarm, pour the whole on one and a-half pound of loaf sugar, and two oz. of cream-of-tartar; add four table-spoonsful of yeast, and let them work together for six hours; then strain the liquor, and bottle it off in small stone bottles. It will be ready for use in a few hours.

*Sherbet.*—Take nine Seville oranges and three lemons; grate off the yellow from the rinds, and put the raspings into a gallon of water, with three pounds of double refined sugar, and boil it to a candy height; then take it off the fire, and add the pulp of

the oranges and lemons ; keep stirring it till it is almost cold ; then put it in a vessel for use.

*Lemon Water.*—Put two slices of lemon, thinly pared, into a tea-pot, with a little bit of the peel, and a bit of sugar, or a large spoonful of capillaire ; pour in a pint of boiling water, and stop it close for two hours.

*Egg-Flip, (or Egg Posset.)*—Beat up well the yolks of eight eggs, with refined sugar pulverized, and a grated nutmeg ; then extract the juice from the rind of a lemon, by rubbing loaf-sugar upon it, and put the sugar with a piece of cinnamon, and a bottle of wine into a sauce-pan ; place it on the fire, taking it off when it boils ; then add a single glass of cold white wine ; put the liquor into a spouted jug, and pour it gradually among the yolks of eggs ; all must be kept well stirred while the liquid is pouring in ; if it be not sweet enough, add loaf sugar : and, lastly, pour the mixture as swiftly as possible from one vessel to another, until it yields a fine froth. Observe, that if the wine be poured boiling hot among the eggs, the mixture will curdle, and the posset be spoiled. This beverage should be drunk hot.

This and the three preceding receipts belong to the “Oxford drinks,” given by William Hone.

In the early ages of the world, snow and ice were used to cool the drinks. The custom of cooling drinks with saltpetre was introduced into Italy in the sixteenth century.

*The Thirst of Tantalus.*—“I saw,” says Homer’s Ulysses, “the severe punishment of Tantalus. In a lake, whose water approached to his lips, he stood burning with thirst, without the power to drink. Whenever he inclined his head to the stream, some deity commanded it to be dry, and the dark earth appeared at his feet. Around him lofty trees spread their fruits to view ;

the pear, the pomegranate, and the apple,—the green olive and the luscious fig, quivered before him ; which, whenever he extended his hand to seize them, were snatched by the winds into clouds and obscurity.”

*Piment, Morat, Mead, and Perry*, were ancient beverages in England. The favorite drinks in the seventeenth century were *Buttered Ale, Bristol Milk, and Lamb's Wool*.

*Buttered Ale* was composed of sugar, cinnamon, butter and beer brewed without hops. Ale was universally popular with all classes. “The invention of bottling ale is ascribed to Nowell, who is said to have taken some ale in a bottle with him when he went angling at one time, forgot it in the grass, and found it a few days afterwards, not a bottle any longer, but a gun, from the noise it made when the cork was drawn.”—*Isaac Walton*.

*Bristol Milk* was a sort of milk punch.

*Lamb's Wool* was made of ale mixed with sugar, nutmeg, and the pulp of roasted apple. On the first of November, it was an ancient Celtic practice to indulge in a sort of feast, which was called *La-mas Ubhal*, the day of the apple fruit ; because on that occasion, roasted apples were bruised and mixed in ale, milk, or wine. This is the origin of “Lamb's Wool.”

*Orange Wine*, and *Wormwood Wine*, are mentioned by writers of that age. *Ipocras* was a favorite preparation of red wine, strained through a woollen bag, filled with spice and sugar.

At the time of which we treat, wines were not only taken new and strong, but had usually sugar added to them at the time of drinking. *Punch* received the countenance of the rich and honorable, but *Sack Posset*, on especial occasions, was supreme fashion.

The following is an extract from a letter describing the festivities at Belvoir Castle, in 1693, on the arrival of Lord Ross with his bride :

“After a feast, which was exceeding magnificent, the whole

company went in procession to the great hall—the bride and bridegroom first, and all the rest in order, two and two; there it was the scene opened, and the great cistern appeared, and the healths began; first in spoons, some time after in silver cups; and though the healths were many, and great variety of names given to them, it was observed, after an hour's hot service, the posset did not sink above one inch, which made my Lady Rutland call in all the family, and then, upon their knees, the bride and bridegroom's healths, with prosperity and happiness, was drunk in tankards brimful of sack posset.

*Drinking Cups.*—A writer in 1635, says: “Of drinking cups, divers and sundry sorts we have; some of elme, some of boxe, some of maple, some of holly, etc.; mazers, broad-mouthed dishes, noggins, whiskins, piggins, crinzes, ale-bowls, wassell-bowls, court-dishes, tankards, kannes, from a pottle to a pint, from a pint to a gill. Other bottles we have of leather, but they are most used among thé shepherds and harvest-people of the country; small jacks we have in many ale-houses of the citie and suburbs, tip't with silver, besides the great-black-jacks and bombards at the court, which, when the Frenchmen first saw, they reported at their returne into their country, that the Englishmen used to drinke out of their bootes. We have, besides, cups made out of hornes of beasts, of cockernuts, of goords, of the eggs of ostriches; others made of the shells of divers fishes, brought from the Indies and other places, and shining like mother-of-pearle. Come to plate; every tavern can afford you flat-bowles, French bowles, prounet cups, beare bowles, beakers; and private householders, when they make a feaste to entertaine their friends, can furnish their cupboards with flagons, tankards, beere-cups, wine-bowles, some white, some percell gilt, some gilt all over, some with covers, others without, of sundry shapes and qualities.”

King Edgar, that his subjects might not offend in swilling

and bibbling as they did, caused certain iron cups to be chained to every fountain and well-side, and at every vintner's door, with iron pins in them, to stint every man how much he should drink, and he who went beyond one of these pins, forfeited a penny for every draught. Of these peg tankards, as they were called, an old writer says: "They have in the inside a row of eight pins, one above another, from top to bottom; the tankard holds two quarts, so that there is a gill of ale between each pin. The first person that drank was to empty the tankard to the first pin or peg; the second was to empty to the next pin, &c., by which means the pins were so many measures to the compotators, making them all drink alike, or the same quantity; and as the distance of the pins was such as to contain a large draught of liquor, the company would be very liable by this method to get drunk, especially when, if they drank short of the pin or beyond it, they were obliged to drink again."

We are also told of globular glasses and bottles, which by their shape cannot stand, but roll about the table, thus compelling the unfortunate Bacchanalian to drain the last dregs or expose his recreant sobriety.

The horns of animals were apparently the first articles converted into drinking vessels; the vulgar expression "taking a horn," when applied to a draught of liquor, undoubtedly arose from their being used for this purpose.

That must have been indeed a savage feast, where the skulls of vanquished enemies served as cups for the intoxicating drink; yet such a feast was given annually by the governors of the Scythian provinces to commemorate their victories, and to do honor to each warrior who had with his own hand despatched an enemy. The skulls of the vanquished served for their cups, and the quantity of wine they were allowed to drink, was proportioned to the number of skulls they possessed.

The Caledonians served their choicest liquors in shells. These

were cockles, held with the thumb placed on the hinge part, and they were in use among the Highlanders until a very recent period. Boswell mentions that whiskey was dipped out in a shell at Mr. McSwein's, in the isle of Coll, in 1773. They also used wooden cups, and a round vessel with two handles by which it was carried to the head. Every draught among the Highlanders had its significant appellation; that of "*stirrup cup*" was given to that taken at the door of a house when about to depart.

A wooden cup long used by Robert Burns, is now in the possession of a gentleman in Massachusetts. It is asserted that it was turned out of a dining table used by Robert Bruce at Brodick, and brought from the Holy Land in the time of the Crusaders. Of the authenticity of these statements there may be some doubt.

Among the curiosities at General Jackson's residence, the Hermitage, is a double cup, that is, two cups with one bottom, so that when one is turned up, the other is turned down. It is of hickory, and is simply a block about one foot in length, with both ends hollowing, and was cut on Long Island from a hickory sprout, the parent stem of which was severed by a cannon ball in the war of the Revolution. Although not strictly under this head, yet as belonging to the drinking vessels, we will mention a wooden pitcher belonging also to the Hermitage:

It was made of wood from the elm tree under which William Penn made the celebrated Indian Treaty. The pitcher was made and presented by the coopers of Philadelphia to General Jackson. Although not larger than a common cream-jug, it contains seven hundred and fifty staves; the hoops, lip and handle are of silver; the bottom is a magnifying glass which enables you to see the joints, which are not visible to the naked eye.

There is an immense silver gilt punch bowl at Jesus College, Oxford, which will hold ten gallons. Its ladle will hold half a pint. It is filled on St. David's Day with what is called "swig," for a wassail bowl, and handed to the guests at the hospitable board.

The drinking cups belonging to the nobles of Rome were made of precious stones, or porcelain, or of gold and silver; and at banquets were sometimes crowned with flowers.

“It is customary at meetings of the Highland societies to accompany certain toasts with ‘Celtic honors,’ which are thus bestowed: The chief or chairman, standing up, gives the toast, and, with a slight wave of the hand, repeats three times—‘*Suas e,*’ ‘*suas e,*’ ‘*suas e,*’ up with it—up with it—up with it—the whole company also standing, and joining him in three short huzzas. This is repeated, when he then pronounces the word ‘*nish*’ also three times, with peculiar emphasis, in which he is joined by the company, who dwell a considerable time on the last cheer. As the company sit down, the piper strikes up an appropriate tune.”—*Scottish Antiquities.*

At the recent Burns Festival in New York, the health of the President of the day, William C. Bryant, was drank with “Highland honors,” every guest standing in his chair with one foot upon the table.

In London, at the city dinners, the “*loving cup*” is passed round. A richly chased gold or silver standing cup or cover (the gift of some deceased benefactor) is placed before the Lord Mayor, or Master, and the Master of Ceremonies proclaims, “The master bids all welcome, and greets you all in the loving cup.” The clothworkers boast their “Pepys” and other cups; the barbers those of Henry VIII., Queen Elizabeth, and Charles II., and so on with the other trades and avocations. The cup or cups, filled with spiced wine, are passed round. As each receives the cup, his nearest neighbor rises, takes off the cover, and, standing, holds it until the drinker has done, when he passes on the cup, and is in like way helped by his neighbor. This old custom of pledging, is reverentially kept up by the citizens, as implying the mutual service and brotherhood of all.

## DESSERT.

—————LET us tread the maze  
 O' autumn, unconfined; and taste, revived,  
 The breath of orchard big with bending fruit.  
 Obedient to the breeze and beating ray,  
 From the deep-loaded bough a mellow shower  
 Incessant melts away. The juicy pear  
 Lies, in a soft profusion, scatter'd round.  
 A various sweetness swells the gentle race;  
 By nature's all-refining hand prepared;  
 Of temper'd sun, and water, earth, and air,  
 In ever-changing composition mix'd.  
 Such, falling frequent through the chiller night,  
 The fragrant stores, the wide projected heaps  
 Of apples, which the lusty-handed year,  
 Innumerable, o'er the blushing orchard shakes;  
 A various spirit, fresh, delicious, keen,  
 Dwells in their gelid pores; and, active, points  
 The piercing cider for the thirsty tongue.

THOMSON.

## DESSERTS OF THE OLDEN TIME.

I crack my brains to find out tempting sauces,  
 And raise fortifications in the pastry,  
 Such as might serve for models in the Low Countries,  
 Which, if they had been practised at Breda,  
 Spinola might have thrown his cap at it, and ne'er took it.

*Lady Allworth's cook, in New Way to Pay Old Debts.*

THE pastry and confections of the olden time are much celebrated. Whole heroic poems were represented in them; castles, and battles, and sieges, and armor bristling terribly.

It might be comparatively easy to build up square castles and bulwarks in stiff and sturdy paste; but to construct what were called "subtleties" of sweetmeats, formed in every possible device, must have required great skill. These subtleties were sometimes displayed between the courses, and sometimes they were



reserved for the banquet, or dessert, as we call it. The following is a list of the sugar-work part of an entertainment given by the Earl of Hertford to Queen Elizabeth, in 1591 :—

“ Her majestie’s arms in sugar worke. The several armes of all our nobilitie in sugar worke. Many men and women in sugar worke, and some inforst by hand. Castles, forts, ordnance, drummers, trumpeters, and soldiers of all sorts. Lions, unicorns, beares, horses, camels, bulls, rams, dogges, elephants, antelopes, dromedaries, apes, and all other beasts, in sugar worke. Eagles, falcons, cranes, bustardes, heronshawes, pheasants, partridges, quails, larkes, sparrows, pigeons, owles, and all that flie, in sugar worke. Snakes, adders, vipers, frogs, toads, ‘and all kinds of worms,’ mermaids, whales, dolphins, conger-eels, sturgeons, and ‘all sort of fishes,’ in sugar. Also grapes, oysters, mussels, cockles, periwinkles, crabs, lobsters, apples, pears, plums, leaches, comfits, etc., etc., etc., all in sugar worke.

“ This banquet, or dessert, was carried into the gallery in the garden, by two hundred of Lord Hertford’s gentlemen. There were a thousand dishes, all glass or silver; a hundred torch-bearers lighted the way.”

*Destruction of Troy in a Dessert.*—Nichols records that he was present at a banquet, after a sumptuous supper, where the destruction of Troy was “livelie described in a marchpane pattern; there was also a goodlie sight of hunters, with full crie of a kennel of hounds; Mercurie and Iris descending and ascending, from and to an high place, the tempests wherein it hailed small confects, rained rosewater, and sned an artificial kind of snow, all strange, marvellous, and abundant.

The “marchpane” was indispensable at dessert, and was also a very usual offering of courtesy to visitors. It was made of pistachio nuts, almonds, and sugar. Queen Elizabeth was presented

by her cook, on one occasion, with a fair marchpane, with St. George in the midst.

*Quaking Custard.*—A most strange custom prevailed before and about the time of Charles I. of England. This was to have a huge “quaking custard” on the table, into which, at a private signal, the City Fool suddenly leapt over the heads of the astonished feasters, who were instantly bespattered with this rich and savory mud. Shakespeare says,

*Purrolles.* I know not how I have deserved to run into my lord's displeasure.

*Lafeu.* You have made shift to run into 't, boots and spurs, and all, like him that leap'd into the custard.

These custards must certainly have been huge, for no ordinary supply was wanted; the worthy aldermen not only ate largely in public, but seem to have had a reserve portion for home. It was quite usual to send or take some of it home for their ladies. Some of them seem to have applied this perquisite to the furtherance of their domestic economy. In the old play, “Wit in a Constable,” a young lady is reprobating her guardian's stinginess, and after referring to her attire, she continues,

Nor shall you, sir, (as 'tis a frequent custom,  
'Cause you are worthy alderman of a ward,)  
Feed me with custard, and perpetual white broth,  
Sent from the Lord Mayor's feast, or the sheriff's feast,  
And here preserved ten days, (as 'twere in pickle,)  
Till a new dinner from the common hall  
Supply the large defect.

*Chron. of Fashion.*

*Pyramids at a Dessert.*—About two hundred years ago, it was the fashion to place on the board, pyramids of fruit and sweetmeats, so huge, that it was impossible to see people at opposite ends of the table. In some houses the doors were made higher, in order to admit the pyramids of fruit. Mad. de Sevigné states

that, at one grand dinner where she was a guest, a pyramid of fruit, with twenty or thirty pieces of china on it, was so entirely upset with coming in at the door, that the noise it made completely drowned the music of the violins, hautboys, and trumpets. It does not appear that this fashion of the enormous pyramids lasted long, but in the last century, in England, fruit was always piled up in pyramids, and in quantities which now would be accounted vulgar in the extreme.—*Chron. of Fashion.*

Horace Walpole records, of one most aristocratic *fête*, given by Miss Chudleigh, (Duchess of Kingston,) that, “on all the sideboards, and even on the chairs, were pyramids and troughs of strawberries and cherries.”

The desserts of the last century seem to have rivalled in ingenuity and curiosity those already mentioned.

“In 1745, soon after the celebrated outbreak of the Jacobite party, the Prince of Wales had, on his table, the representation in sugar of the citadel of Carlisle, and the company bombarded it with sugar plums.

“At a magnificent entertainment at Bedford House, there was in the dessert a model of Walton-bridge; this was, however, in glass.”—*Chron. of Fashion.*

Horace Walpole writes, in 1758, “The earl and countess of Northumberland have diverted the town with a supper, which they intended should make their Court to my Lady Yarmouth; the dessert was a chase at Herenhausen, the rear of which was brought up by a chaise and six, containing a man with a blue ribbon, and a lady sitting by him.”

In 1787, the earl and countess of Salisbury gave a magnificent entertainment at Hatfield. The dessert was as follows, being devised by English artists alone :

“In the marble hall, in the middle of the centre table, was a banner in pastry, with the arms of the Salisbury and Hillsborough families. The top and bottom pieces consisted of the arms of the county. The pastry ornaments on the side-tables, were two large ships-of-war in full sail, which were so well executed as to excite universal admiration. At the top table was a most remarkable large boar’s head, so dressed that it looked more like a waxen model, than the masterly hand of art upon nature. The two other supper-rooms were adorned by devices in pastry, in a similar manner.”—*From the “World” newspaper, 1787.*

A year or two later, at the banquet given by Queen Charlotte, in honor of the king’s recovery, “the merely ornamental parts of the banquet were very beautiful. One piece of confectionery represented a temple, in which the various orders of architecture were beautifully and accurately displayed. On one table were various dancing figures; on another, the personations of Faith, Hope, and Charity, done on sand, and glistening in the light.”

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## PIES.

Drink now the strong beer;  
 Cut the white loaf here  
 The while the meat is a shredding;  
 For the rare mince pie  
 And the plums stand by,  
 To fill the paste that’s a kneading.

*Old Christmas Song.*

*Puff Paste.*—THE following receipt is so admirable, and the mode of operation so fully explained, that we esteem it the best we have ever met with. It is from the pen of M. Soyer, the

famous cook and gastronomer:—Put one pound of flour upon your pastry slab, make a hole in the centre, in which put a tea-spoonful of salt; mix it with cold water into a softish flexible paste with the right hand, dry it off a little with flour until you have well cleared the paste from the slab, but do not work it more than you can possibly help; let it remain two minutes upon the slab, then have a pound of fresh butter, from which you have squeezed all the buttermilk in a cloth, bringing it to the same consistency as the paste, upon which place it; press it out flat with the hand, then fold over the edges of the paste so as to hide the butter, and roll it with the rolling-pin to the thickness of half an inch, thus making it about two feet in length; fold over one third, over which again pass the rolling-pin; then fold over the other third, thus forming a square, place it with the ends top and bottom before you, shaking a little flour both under and over, and repeat the rolls and turns twice again as before; flour a baking-sheet, upon which lay it, upon ice, if handy, or in some cool place, for half an hour; then roll twice more, turning it as before, place again upon the ice a quarter of an hour, give it two more rolls, making seven in all, and it is ready for use, as directed in the following receipts. You must continually add enough flour while rolling to prevent your paste sticking to the slab.

*Half-puff Paste.*—Put on the dresser or table one pound of flour, half a tea-spoonful of salt, two ounces of butter, mix all together, then add half a pint of water, or little more; form a softish paste, do not work it too much with the hand, or it will make it hard and tough; throw some more flour lightly over and under, roll it out with a rolling-pin half an inch thick, about a foot long; then have half a pound of fresh butter equally as stiff as the paste, break it into small pieces, and put it on the paste; throw a little more flour on it, and fold it over in two folds, throw some more flour on the slab, roll it out three or four times, letting

it rest between each two rolls, and it is then ready for use. When your paste is carefully made, which requires no more time than doing badly, and your pies and tarts properly full, (this is the last and most important process in pie and tart-making,) throw a little flour on your paste-board, take about a quarter of a pound of your paste, which roll with your hand, say an inch in circumference; moisten the rim of your pie-dish, and fix the paste equally on it with your thumb. When you have rolled your paste for the covering of an equal thickness, in proportion to the contents of your pie, (half an inch is about correct for the above description,) fold the cover in two, lay on the half of your pie, turn the other half over, press slightly with your thumb round the rim, cut neatly the rim of your paste, form rather a thick edge, which mark with a knife about every quarter of an inch apart; mark, holding your knife in a slanting direction, which gives it a neat appearance; make two small holes on the top; egg over with a paste-brush; if no egg, use a drop of milk or water; the remaining paste may be shaped to fanciful designs to ornament the top.

*Mince Pie.*—To one part of meat, put two parts of apples. Chop the meat and apples very fine, and mix them well together. Add stoned raisins. Sweeten with sugar, adding a little molasses. Spice with cinnamon and cloves. Moisten the whole with water, and either brandy or wine; some persons prefer cider. Dried citron sliced thin is an improvement to the mixture. When preparing to bake it, after spreading the mince-meat upon the lower crust, cut little bits of butter upon it, and then cover with upper crust.

*A Substitute for Apples in Mince Pies.*—When apples are scarce, you may make out of citrons an excellent substitute, by boiling them tender in clear water, first peeling and slicing the citron; also removing the seed. After this, boil it a little in

vinegar, and you can use it as you would apples, making equally good pies.

ODE TO THE "MINCE PYE."

(*From the Year-Book of Wm. Hone.*)

Oh, king of Cates, whose pastry-bounded reign  
 Is felt and own'd o'er pastry's wide domain!  
 Whom greater gluttons own their sovereign lord  
 Than ever bowed beneath the dubbing sword;—  
 Say, can the spices from the Eastern grove,  
 The fragrant cinnamon, the dusky clove,  
 The strength of all the aromatic train  
 That careful Dutchmen waft across the main,  
 The pastry frontier, the embattled crust,  
 Moulded with butter, and the mealy dust;  
 The taper rolling-pin, that white and round,  
 Rolls o'er the dresser with a thund'ring sound;  
 Can apples, currants, raisins, all combin'd,  
 Make a mince-pye delight the taste refin'd,  
 Command the praises of a pamper'd guest,  
 Or court the palate with a genuine zest?  
 No; none of these the appetite can crown,  
 Or smooth the hungry aldermanic frown;  
 Weak in themselves alone, their tastes dispense  
 Fallacious seemings to the outward sense;  
 Their truest influence depends on this;  
 Are these the objects of a glutton's bliss?  
 But happy they, thrice happy, who possess  
 The art to mix these sweets with due address,  
 Delight in pastry, temper well the crust,  
 And hold the rolling-pin a sacred trust.  
 Where shall the cook discern so sure a way  
 To give mince-pies an universal sway?  
 For when the sweets, combin'd with happy skill,  
 The light puff-paste with meat delicious fill,  
 Like Albion's rich plum pudding, famous grown,  
 The mince-pye reigns in realms beyond his own;  
 Through foreign latitudes his power extends,  
 And only terminates where eating ends;  
 Blest epicures from every climate pour  
 Their gustful praise; his cumulating store

Improv'd in sweets and spices, hourly draws  
 The countless tribute of a world's applause.  
 Hail, then, exalted pye! whose high renown  
 Danes, Dutchmen, Russians, with applauses crown!  
 Sovereign of Cates, all hail! nor then refuse  
 This cordial off'ring from an English muse,  
 Who pours the brandy in libation free,  
 And finds plum pudding realiz'd in thee.

*Apple Pie.*—After making a crust of puff paste before described, and, spreading it upon a plate; slice over it tender sour apples; pour over these a table-spoon of water and a cup of sugar; drop on evenly little bits of butter, and dredge a little flour upon all; then put on your upper crust and bake.

In baking a pie in a stove or range, it is best to first set the plate on the back part of it long enough to warm it; then set it in the oven on the upper rack, so as to bake the upper crust quickly, watching it well; when it puffs up, and appears to be nearly done, remove it to the bottom of the oven, and let it bake the under crust. A pie should be well watched while baking.

Lord Dudley was so fond of apple pie, that he could not dine comfortably without it. On one occasion at a grand dinner, he missed his favorite dish, and could not resist saying audibly, "God bless my soul! no apple pie."

*Mock Apple Pie.*—One Boston cracker, (or two soda crackers,) one cup of sugar, one cup of water, one egg, one lemon; soak the cracker in the water; add to it all the juice of the lemon, and grate what you can of the white, but not the yellow of the peel. With a nice crust this pie is delicious, and equal to a green apple pie; it is therefore very conveniently made in the spring, when apples are scarce.

*Jelly Pie.*—Make a nice crust; take two soda crackers rolled



fine, and one cup of currant jelly ; beat them well together, adding a little water, and bake in a quick oven.

*Puffets.*—One quart of flour, one pint of milk, one table-spoon of sugar, one egg ; butter the size of an egg ; three teaspoons of cream-of-tartar, one and a half teaspoons of soda.

*Custard Pie.*—For one pie, beat two eggs and one table-spoon of flour together. To this, add one pint of milk ; sweeten to taste, and grate nutmeg over it ; the flour and eggs must be beaten together, otherwise the flour would settle at the bottom ; bake in deep pie-plates ; the pie is better for baking the crust a little, previous to adding the custard.

“ A dessert without cheese, is like a beauty wanting in an eye.”—M. SAVARIN.

*Farina Pie.*—Two eggs, one pint of new milk, one table-spoon of starch, half a teaspoon of salt, white sugar to sweeten. Set the milk over the fire ; let it simmer, but not boil ; soak the starch in a little cold milk, and when the other milk is hot, stir the starch in ; then add the beaten eggs ; sweeten to taste ; let all boil a little, till it thickens ; then take it off, add the flavoring, and pour it into the crust. Bake half an hour ; beat the white of one egg, adding to it a table-spoon of sugar and a little of the flavoring. When the pie is baked, spread this beaten egg on the top, and set it back into the oven for a few minutes to brown it a little.

*Cocoa-nut Pie, (plain.)*—Make a plain custard, with the proportion of one egg to a pie ; grate to it one quarter of a cocoanut.

*Rich Cocoa-nut Pie.*—One quart of milk, six eggs, one cocoanut. Grate the cocoa-nut fine ; flavor with lemon, vanilla, or rose-water ; sweeten with white sugar ; strain the custard before adding the cocoa-nut.

This rule makes two pies ; they should be baked in deep pie-plates, with a rich crust of puff-paste.

*Pumpkin Pie.*—Cut the pumpkin in halves, and remove all the seeds ; then cut it into small pieces, and put the whole on to boil with a pint of water poured over them ; this moistens it sufficiently at first, and if the pumpkin is stirred frequently, it will not burn,—as it softens by cooking, it has sufficient moisture of its own. Let it stew an hour or more after it becomes soft ; then strain it through a colander into a large pan ; to each quart of pumpkin, add one quart of milk and four eggs ; sweeten to your taste with sugar ; spice with cinnamon and ginger. After all is prepared, set the pan containing the mixture upon a kettle of warm water, that the whole may become warm while you prepare the crusts for the several pies ; bake the crusts a little before pouring the pumpkin into them ; then fill, and bake immediately in a hot oven.

*Dried Pumpkin Pie.*—Dry the pumpkin after the following manner :—Boil it a good while, then spread it upon plates, or drop a spoonful at a time upon buttered paper, which is laid on tins, forming cakes, as it were, and set the tins into a brick oven after you have removed your baking ; it dries in this way, without getting dusty.

In making the pies, take for one pie three cakes of pumpkin, and three eggs ; sugar to your taste ; soften the pumpkin in warm milk ; strain through a colander ; spice with cinnamon, and bake in a deep dish. This is an excellent pie, and preferred by some persons to the fresh pumpkin.

When well dried, the pumpkin will keep more than a year.

“ Cheese digests every thing but itself.”

*Grated Pumpkin Pie.*—An excellent pie is made by grating

the raw pumpkin, adding one egg and one cup of cream for each pie. A little butter improves it. Sugar and spices to your taste.

*Cherry Pie.*—Lay the cherries in a deep baking-dish, with plenty of sugar and a table-spoonful of flour. Place an inverted cup in the middle of the dish, and cover the whole with a crust. The cup prevents the crust from soaking into the juice of the fruit.

*Ripe Plum and Peach Pies* may be made after the above rule for cherries.

*Strawberry, Raspberry, Blackberry, Whortleberry, and Choke-cherry Pies* are all made in the same manner. Spread a thick layer of berries upon the lower crust; sweeten to your taste, and sprinkle in a little flour. Slit a place in the middle of your upper crust. Press the edges of the two crusts well together; bake in a quick oven. Berry pies are generally so juicy that they do not cut well; to obviate this difficulty, some persons add the beaten white of an egg to thicken the juice; but a better way is to add a small quantity of rolled crackers.

Prince Menzikoff, Prime Minister of Peter the Great, and at the time of his death, the richest subject in Europe, was originally a pastry-cook, a hawker of pies and cakes about the streets of Moscow, in which situation he attracted the attention of the Emperor.

#### SQUASH PIE.

Take winter squash, boil soft, and strain it through  
A sieve or colander, and add thereto,  
For every pint of squash, of milk the same;  
Or what is better still, a pint of cream.  
Beat four eggs well; add cinnamon for spice—  
Nutmeg is very good, though not as nice.

Strain through a sieve, and thus remove  
 Whatever there may be  
 To offend the eye or palate  
 Of yourself or company.  
 A crust then prepare in a deep plate or dish,  
 Bake well, and when cold, 'twill be all you can wish.

*Rhubarb or Pie-plant Pie.*—Select the largest stalks, peel off the skin carefully, slice them fine, and when your under crust is prepared upon a plate, spread them over as full as for an apple pie. Spread a tea-cup of sugar, two table-spoons of water, and dredge a little flour over the whole, and, if you like, add bits of butter. Cover with the crust and bake.

While warm, grate white sugar over it.

*Currant and Gooseberry Pies* are made after the above rule for Rhubarb. By bottling the green gooseberries when at their full size, you may preserve them through the winter, and have a delicious gooseberry pie in the spring. (See receipt for bottling gooseberries.)

AN ODE TO GOOSEBERRY PIE.

*Gooseberry pie* is best ;  
 Full of the theme, O muse, begin the song !  
 What though the sunbeams of the West  
 Mature within the turtle's breast  
 Blood glutinous and fat of verdant hue ?  
 What though the deer bound sportively along  
 O'er springy turf, the park's elastic vest ?  
 Give them their honors due,—  
 But gooseberry pie is best.

\* \* \* \* \*

Blow fair, blow fair, thou Orient gale !  
 On the white bosom of the sail,  
 Ye winds, enamor'd, lingering lie !  
 Ye waves of ocean, spare the bark,  
 Ye tempests of the sky !  
 From distant realms she comes to bring  
 The sugar for my pie.

\* \* \* \* \*

First in the spring thy leaves were seen,  
 Thou beauteous bush, so early green!  
 Soon ceased thy blossom's little life of love,  
 O safer than the gold-fruit-bearing tree,  
 The glory of that old Hesperian grove,—  
 No dragon does there need for thee,  
 With quintessential sting to work alarms,  
 Prepotent guardian of thy fruitage fine,  
 Thou vegetable porcupine!—  
 And didst thou scratch thy tender arms,  
 O Jane, that I should dine?

The flour, the sugar, and the fruit,  
 Commingled well, how well they suit!  
 And they were well bestow'd.  
 O Jane, with truth I praise your pie,  
 And will not you, in just reply,  
 Praise my Pindaric ode?

SOUTHEY.

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## PUDDINGS.

THERE are four rules to be observed in all boiled puddings :

1st. The bag or cloth must be soaked thoroughly in hot water, wrung and cooled, and the inside well dredged with flour, in order that the pudding shall not stick to the cloth when it is taken out.

2d. The water in the pot must always be boiling when the pudding is put in, and continue boiling the whole time; otherwise the water would soak into the cloth and make the pudding heavy.

3d. As the water boils away, always replenish the pot from another kettle of boiling water. The tea-kettle is generally the most convenient and ready for use.

4th. Never replenish with cold water, as that will make the pudding heavy.

Boiled puddings are always the best when eaten directly after taking them up; but if you have any left after dinner is over, it can be sliced and set in the oven to heat the next day, and will be good with hot sauce.

*English Plum Pudding.*—Half a pound of beef suet, half a pound of raisins, half a pound of dried currants, one cup of sour milk, two-thirds teaspoon of saleratus, two eggs, half a nutmeg.

Stone and chop the raisins; the suet should be chopped very fine. Mix in sufficient flour. Some cooks prefer part bread-crumbs mixed with the flour to make it as stiff as cake. Boil three hours. For sauce, stir together one cup of sugar, half a cup of butter, teaspoon of flour. Thin it with a glass of cold water; boil two minutes. After the sauce is taken from the fire, flavor it with wine or brandy to your taste.

Previous to boiling your pudding, soak the pudding-bag thoroughly in hot water, then cool it, turn it inside out, and dredge it thickly with flour. Pour in your pudding, tie it up tightly, leaving room for it to swell, and put it in boiling water; keep the water boiling all the time. As it boils down, pour in more from the hot tea-kettle.

“The proof of the pudding is in the eating.”

*The French Prejudice Against Plum Puddings.*—This national dish of England has ever been viewed with disapprobation by the French, and in former days with decided aversion. Although the leading restaurateurs of Paris have it upon their *cartes*, it is seldom ordered by a Frenchman.

One of the early French monarchs, desirous to treat the English Ambassador with particular hospitality on Christmas Day, determined to have a plum-pudding at the entertainment which he gave to him. He accordingly procured an excellent recipe for

making one, which he gave to his cook, charging him particularly to obey strictly all the directions. The weight of the ingredients, the size of the kettle in which it was to be boiled, the quantity of water, the length of time for boiling, were all attended to particularly; but one trifle was wanting: the king forgot the cloth, and the pudding was served up like so much soup in immense tureens, to the astonishment of the ambassador, who was, however, too well bred to express it. Louis XVIII., either to show his contempt for the prejudices of his countrymen, or because it suited his palate, always had an enormous plum-pudding served up on Christmas Day, the remains of which, when it left his table, he commanded to be eaten by the servants, whether they liked it or not; his commands, however, were not very strictly obeyed, except by the numerous English in his service.

*English Gooseberry Pudding (Boiled.)*—Make a paste the same as pie-crust. Take a bowl or baking dish that has a rounded rim on its upper edge. Flour it; line the bowl with the paste, lay in the green gooseberries, sweeten them, and cover the top with a crust rather thicker than the one inside. Wet a thick cloth thoroughly in hot water, wring it, and dredge flour thickly on the inside. Tie it tightly over the top, fastening by the rim of the bowl. Set it then in a kettle of boiling water, and boil it an hour and a half. When served, turn it carefully out upon a platter, keeping the shape as much as possible. Use sauce similar to that for plum-pudding, but flavored with nutmeg or other spice instead of wine or brandy.

*English Green Plum Pudding* is made in the same manner as the gooseberry.

*Boiled Raspberry Pudding, (or Blackberries.)*—One pint of sweet milk, six table-spoons of flour, half a tea-spoon of salt, four and a half eggs, one pint of berries. Beat the yolks thoroughly,

stir in the flour, and add the milk slowly. Beat the whites of the eggs to a froth, and add the last thing. Your bag being floured, pour in half the batter, then lay in your berries (but if there be any juice to them, reserve that for the sauce). Then pour in the remainder of the batter, allow room for the pudding to swell, and tie the bag tightly. Boil two hours. Make a sauce of one cup of sugar, half a cup of butter, and half a teaspoon of flour, well mixed together, thinned with boiling water; boil it a minute; take it up, add the juice of the raspberries, and grate nutmeg over it.

“KING ARTHUR’S PUDDING.”

(*Old English.*)

“When good King Arthur ruled this land,  
He was a goodly king;  
He stole three pecks of barley-meal,  
To make a bread-pudding.

“A bag-pudding the king did make,  
And stuffed it well with plums,  
And in it put great lumps of fat,  
As big as my two thumbs.

“The king and queen did eat thereof,  
And noblemen beside,  
And what they could not eat that night,  
The queen, next morning, fried.”

*Apple Dumplings.*—Quarter and core one apple for each dumpling; then put the parts together, with sugar in the middle; surround each apple with pie-crust; if you wish to bake them, put them on a pan, like biscuits, and set them in the oven. If boiled, tie each in a separate cloth, and boil in half an hour. Serve, both baked and boiled, with liquid sauce.

“An apple that ripens late, keeps long.”



*English Roly-Poly Pudding.*—Make a paste like pie-crust, roll it out on the bread-board, about a third of an inch thick; spread over it jelly or sweetmeats; then commence at one end and roll it over and over, till it forms a long, round roll; tie it in a cloth; boil one hour; serve with liquid sauce, flavored to your taste.

*Boiled Potato Pudding.*—Boil and mash fine six or eight good potatoes. Add butter the size of an egg. A sprinkling of salt. Then add a beaten egg to the potatoes. Mix as much flour to it as will stiffen it, like short-cake dough. Spread a thick cloth on your bread-board, sift flour over it; then lay your dough upon it, and roll it out to about half an inch in thickness. Slice as many sour, juicy apples upon the dough as it will enclose. Bring the edges of the dough together over the apples; then tie up the cloth tight, and drop into boiling water. Boil one hour; eat it with sweet sauce, flavored to your taste. Always serve hot.

Dr. Johnson said, “A man is, in general, better pleased when he has a good dinner upon his table, than when his wife talks Greek. My old friend, Mrs. Carter, could make a pudding as well as translate Epictetus from the Greek, and work a handkerchief as well as compose a poem.”

*Boiled Corn Pudding.*—One quart of corn meal, three quarts of milk, three eggs, one gill of molasses. Stir the meal and the milk together thoroughly, that no lumps remain; add the eggs and molasses; leave a good deal of space in the bag for the pudding to swell, for this one swells very much. Boil three hours.

*Jessie's Corn Pudding.*—One quart of milk, one pint of molasses, three pints of corn meal, one tea-spoon of cinnamon. Boil the milk by itself, then pour it into a deep pan, and stir in the

other ingredients. Let the pudding boil steadily between three and four hours. Eat it hot, with butter and molasses.

*Rich Boiled Indian Pudding.*—Three pints of corn meal, one quart of milk, half a pound of beef suet, half a pint of molasses, six eggs, a grated nutmeg, three or four sticks of cinnamon. Clean the suet from the skin and strings, chop it as fine as possible, and stir it into the corn meal. Boil the milk, with the cinnamon in it, till the former is highly flavored; then strain the milk, boiling hot, into the corn meal and suet; add the molasses; stir the mixture very hard; then set it away to cool, covering it lightly. When it is cold, add the eggs, well beaten, and grate in the nutmeg. Prepare a thick, square cloth, as in the preceding rules; dredge it with flour, and spread it open in a deep dish. Pour in the mixture, tie it up very tightly, leaving about one-third of vacant space that it may have room to swell. Put the pudding into a large pot of boiling water, with an old plate at the bottom, and boil it six hours, turning it often, and replenishing the pot with boiling water from another kettle. Serve it hot, with wine sauce or with butter and molasses, or with a sauce of butter, sugar, lemon-juice, and nutmeg, beaten together to a cream.

*Date or Prune Pudding.*—One quart of milk, six eggs, one pound of dates, four spoons of flour, two spoons of ginger. Beat the eggs, half the whites, in a cup of the milk. Mix with this the flour, ginger, and a little salt; then add, gradually, the rest of the milk and dates; tie it in a floured cloth, and boil it one hour. Serve either with liquid sauce or melted butter poured over it.

The date-palm grows in Arabia, Egypt, and Persia, and many of the inhabitants of these countries subsist almost entirely upon its fruit. It is useful to them in other ways. Their camels feed upon the date-stone. From the leaves, they make baskets, bags,

mats, couches, and brushes ; from the fibres of the boughs, thread, ropes, and rigging. From the sap is prepared a spirituous liquor, and the body furnishes fuel. The fruit grows in clusters on a thick, rope-like stem, and are tied up in bunches while ripening, to prevent their falling. Some of these bunches of clusters are said to weigh eighty pounds. At Medina, Arabia, there are six varieties of this tree, the fruit from each differing in flavor and size. This tree lives about two hundred years. It is said by the ancients to have abounded in several parts of the Holy Land, though now they are rare, and only useful for shade. David speaks of "flourishing like the palm-tree." On several coins of Vespasian, Judea is typified by a disconsolate woman sitting under a palm-tree. Jericho is called the "city of palm-trees." The palm was borne by the ancients as an emblem of victory. Its erect, stately form, originated the idea of columns in architecture.

Sago is obtained from the palm of that name, which grows in the East Indies. Young shoots are constantly springing up from the roots, and grow rapidly to maturity, when they are cut down. The pith is then removed, and by very simple processes it is rendered fit for food.

*Tapioca or Sago Pudding.*—One pint of tapioca or sago, one quart of new milk, two eggs, half a pound of raisins or prunes, teaspoon of salt, grated nutmeg. Wash the tapioca thoroughly, then put it in the milk, together with the salt. Set the dish containing them into a kettle of boiling water ; in this manner the tapioca will soak while the milk is heating, and both will boil together ; stir frequently during the boiling. Let it boil some time, until the tapioca is well softened and mixed with the milk. Then remove it from the fire ; beat the eggs, to which add sugar, according to your taste ; stir them then into the pudding. Pour

all into the baking-dish previously buttered, then drop in your fruit. Two table-spoons of sweet cream, or half a tea-spoon of butter, are added last. Grate nutmeg over the pudding, and bake immediately in a quick oven. This pudding is excellent with or without fruit. It should bake one hour. For sauce, in summer time use sweetened cream, flavored with vanilla, lemon, or whatever you like best, and serve it with the pudding, cold.

*Tapioca Apple Pudding.*—Peel and core apples sufficient to lay around your baking dish in a circle, with one in the centre. After placing them, drop into each a teaspoon of sugar, a little butter, and a bit of orange peel.

Prepare the same quantities of tapioca, milk, etc., as in the preceding rule, and in the same manner; then pour it over and in these apples. Grate nutmeg over it, and bake one hour in a quick oven.

This rule makes a large family pudding.

Serve with hot liquid sauce of butter, sugar, etc., flavored to your taste. Two table-spoons of cream stirred into the sauce before serving, gives it softness, and much improves its quality.

Tapioca is obtained from a poisonous plant called manihot, a native of South America and West India Islands. The roots are peeled and pressed. The juice thus forced out is a deadly poison, but after standing some time, it deposits a white starch, which, when properly washed, is quite innocent. This starch is then dried in smoke and afterwards sifted, and is the substance from which Tapioca is prepared.

*Sago Apple Pudding (for Invalids.)*—Pare nice, juicy apples, force out the core, and set them in the bottom of a baking-dish, just enough apples to fill the dish. Take three table-spoonsful of sago, wash it, pour boiling water on it, stirring it while over the fire to thicken and boil. If it becomes too thick, pour more

boiling water into it; when sufficiently cooked, pour it over the apples and set them in an oven. Bake until the apples are done. It can be served hot with cream and white powdered sugar; if left until cold, it is very nice, and if inverted upon a dish, it will preserve its form.

*Baked Apple Pudding.*—Six large apples well stewed, six eggs, a quarter of a pound of butter, a pound of sugar, one glass of wine. Bake it in a thin paste.

*Corn Starch Pudding.*—One quart of milk, one tea-cup of starch, one teaspoon of salt, three eggs well beaten. Dissolve the starch in a little of the milk, putting the remainder on to boil. When boiling, take it off and stir in the starch first, then add the eggs. Turn it into forms, and serve cold, or bake it, which is an improvement.

For sauce, beat cream and loaf sugar together, and flavor to your taste; or make a rich sauce. It is to be eaten with fruit or jelly.

This pudding is very convenient, as it can be made upon short notice.

“Let not your table be coarsely heaped, but at once plentiful and elegant.”

*Gipseys Pudding.*—Cut stale cake in slices, and lay them in a pudding-dish. Wet them a little in wine. Boil a custard and pour over the cake. Let it stand until cold.

*Baked Batter Pudding.*—Four eggs; the whites and yolks beaten separately; one pint of milk, six table-spoons of flour, mixed until perfectly smooth with the yolks. Add a little salt; turn in the milk and lastly the whites. Bake slowly one hour. Flavor the liquid sauce with currant jelly.

*Fannie's Batter Pudding.*—One quart of milk, four eggs, nine table-spoons of flour, a little salt. Bake half an hour. Sauce: sugar and butter, with brandy or wine.

*Fannie's Cocoa-nut Pudding.*—One quart of milk, five eggs, one cup of sugar, half a cocoa-nut, a little salt. Flavor according to taste; lemon is excellent for this pudding. Bake half an hour.

GUESTS ON WASHING-DAY.

Woe to the friend  
Whose evil stars have urged him forth to claim  
On such a day the hospitable rites!  
Looks, blank at first, and stinted courtesy  
Shall he receive. Vainly he feeds his hopes  
With dinner of roast chicken, savory pie,  
Or tart or pudding;—pudding he, nor tart,  
*That* day shall eat; nor, though the *husband* try  
Mending what can't be helped, to kindle mirth  
From cheer deficient, shall his consort's brow  
Clear up, propitious. The unlucky guest  
In silence dines, and early slinks away.

MRS. BARBAULD.

*Peggy's Family Pudding.*—Butter a deep baking-dish, and spread on the bottom a layer of fresh apple sauce, then slices of bread buttered on both sides, then apple again, and so on, until the dish is full, having the apple at the last. Pour over the whole a plain custard; let it stand half an hour, then bake. To be eaten with liquid sauce.

*Baked Corn Meal Pudding.*—One pint of corn meal, half a pint of molasses, one pint of milk, a quarter of a pound of butter, four eggs. The rind of a lemon grated, or one teaspoon of powdered cinnamon and nutmeg mixed.

Sift the meal into an earthen dish; after boiling the milk, pour

it over the meal and stir them well together; pour the molasses on the butter in another dish, and warm it by the fire until the butter is soft; then stir them well, and mix them with the milk and meal; afterwards set the mixture in a cool place; beat the eggs until very light, add to them the spice and lemon-peel. When the mixture is cold, pour the eggs into it, and stir the whole well. Put it in a buttered dish, and bake thoroughly.

Serve it hot, and eat with a sauce of powdered white sugar and butter, seasoned with nutmeg and lemon or orange juice, stirred together to a cream; or with a liquid sauce of melted butter, wine, and nutmeg.

This rule is for a small pudding.

*Cracked Wheat Pudding.*—Two quarts of milk, five table-spoons of cracked wheat, two eggs, sugar to your taste.

Boil one quart of milk and sprinkle the wheat into it dry; let it boil till quite soft. Set it away to cool. Then mix the eggs and sugar with the remaining quart of milk, and when the first is sufficiently cool, put them together, and pour it in pudding-dishes and bake.

*The Farina Pudding* is made in the same way, except that four spoons of farina are sufficient. Serve with sweetened cream, flavored with nutmeg.

*Rice Pudding without Eggs.*—One gill of rice, one quart of milk, sugar and spice as you please, and a handful of raisins. Wash the rice very clean, and, if convenient, pour boiling water over it, and rinse it off. Boil the milk, and put to it the raisins, sugar, rice, and spice, and bake it several hours. Serve it with butter and sugar beaten to a cream and flavored, or with cream.

*Rice Pudding with Eggs.*—Wash a quarter of a pound of the best rice; put on the fire one pint of milk, with half a cup of fresh butter; bring it to a boil and then put in the rice, and let it be well

covered. Steam slowly for an hour without stirring it. It will then be well swollen, soft, and dry. Take it from the fire, empty it into another vessel, let it cool, and stir in two table-spoons of pulverized sugar, the yolks of six eggs, and the grated peel of a lemon, then mix in the white of the eggs, beaten to a stiff froth, and finish your pudding. It must be boiled for an hour and a half and served with one of the sweet sauces.

*Almond Pudding.*—Six ounces of finely-pounded almonds, six ounces of powdered sugar, one tea-spoon of grated lemon-peel, a few drops of essence of lemon-peel, six whole eggs, and the yolks of two more.

Beat the eggs well; then mix in the other ingredients, and stir the pudding for a whole hour. Pour it into a buttered dish, and bake it three-quarters of an hour. A border of puff-paste around the edge of the dish improves it.

*Hominy Dessert Pudding.*—Wash one pint of small hominy and boil it thoroughly; add one pint of corn-meal, eggs, milk, and butter. Bake on a griddle, and serve with butter and sugar, or syrup.

Some prefer wheat flour in the place of the meal.

“He that desires, wants as much as he that hath nothing.”

*Hominy Pudding.*—Boil half a pound of fine hominy in milk, add three-fourths of a pound of sugar, three-fourths of a pound of butter, six eggs, half a nutmeg, one gill of wine, a little grated lemon-peel. Bake in a dish.

*Baked Potato Pudding, (Southern mode.)*—Half a pound of butter, half a pound of sugar, one pound of potatoes, (boiled,) six eggs, spices to your taste of different kinds, one glass of wine, one glass of brandy and rose-water. Beat the butter and sugar to a cream; then add the potatoes, eggs, etc.; to beat the whites and yolks of



the eggs separately, and bake as soon as you have added them to the other ingredients, will make the pudding lighter and nicer ; bake in paste, or not, as you please.

*Baked Potato Pudding, (Northern mode.)*—Boil your potatoes, and mash them nicely ; then to one pound of the same add the following :—One quart of milk, six eggs, half a pound of white sugar, one grated lemon. Bake about forty minutes.

*Pumpkin Pudding, (Southern mode.)*—One pound of butter, one pound of sugar, eight eggs, one glass of wine, cinnamon and cloves to suit your taste. Boil the pumpkin and strain it through a colander ; beat the butter and sugar to a cream ; add the yolks of the eggs and sufficient pumpkin to it to thicken it, afterwards the beaten whites, the wine and spices ; to be baked in a paste, or without, in a deep dish.

*Orange Pudding, (Southern mode.)*—Boil the rind of six oranges in different waters till very tender ; take off the white of the skin, and beat the peel in a mortar, with three-quarters of a pound of sugar, till quite smooth ; put it away in a jar for use ; take of this conserve two table-spoons, the yolks of three eggs, one large table-spoon of butter, and a small quantity of milk or cream. Put this in a rich paste and bake it.

*Another Orange Pudding.*—Grate the yellow part of the rind, and squeeze the juice of two large, smooth, deep-colored oranges, half a pound of butter, and half a pound of white sugar, stirred together to a cream ; add one wine-glass of mixed wine and brandy ; beat very light six eggs, and stir them gradually into the mixture ; put all into a butter dish, with a broad edge, around which lay puff-paste neatly finished off ; bake half an hour, and when cool, grate white sugar over it.

*Lemon Pudding* can be made in the same manner.

*Lady Bustle's Orange Pudding.*—"She makes an orange pudding, which is the envy of all the neighborhood, and which she has hitherto found means of mixing and baking with such secrecy, that the ingredient to which it owes its flavor has never been discovered.

"She, indeed, conducts this great affair with all the caution that human policy can suggest. It is never known beforehand when this pudding will be produced; she takes the ingredients privately into her own closet, employs her maids and daughters in different parts of the house, orders the oven to be heated for a pie, and places the pudding in it with her own hands; the mouth of the oven is then stopped, and all inquiries are vain.

"She has, however, promised her daughter Clorinda, that if she pleases her in marriage, she shall be told the composition of the pudding without reserve."—DR. JOHNSON.

*Bread and Butter Pudding.*—Cut the bread in thin slices, butter them, and put a layer into a well-buttered dish; strew currants, raisins, and citron, or sweetmeats over it; then another layer of bread and butter, then fruit, and so on, until the dish be filled; beat six eggs with one pint of milk, a little salt, nutmeg, one spoon of rosewater; sweeten to taste, and pour it over the whole; let it soak one or two hours before baking; bake half an hour.

*Jelly Pudding.*—Cover the bottom of a deep baking-dish with rolled cracker-crumbs, spread currant jelly over them in a layer, then a layer of crumbs, then jelly again, until the dish is full, with the crackers on the top. Pour a custard over all and bake. Serve with liquid sauce.

*Apple Dessert Cake.*—Mix a batter with sour milk, wheat flour, a little saleratus, and salt; heat and butter your griddle; turn on the centre of it butter enough to make a cake the size of

a large plate ; turn, and when done, take it up on a large plate ; butter it, and spread fresh apple-sauce over it while another is baking, which lay upon it, doing, as before ; thus continue until you have a number, and your pile is a finger in depth. In serving, grate sugar over the top, and cut down through the whole like cake. Any preserve may be used instead of the apple ; also currant jelly ; thus, a variety in the dish may be easily attained. It is nice eaten with maple syrup, or a sauce as for puddings.

*Extempore Apple Pudding.*—If you have any stewed apples, boil one pound of rice, and when it is hot, stir in three or four table-spoons of the apples, two ounces of butter, half a pound of sugar, and a teaspoon of powdered cinnamon. Serve it hot with sauce of butter and sugar beaten to a cream, with nutmeg grated over it. The above pudding can be varied, by stirring in berries, jelly, or any other stewed fruit, instead of the apples.

*Snow Rice Cream.*—Put in a stew-pan four ounces of ground rice, two of sugar, a few drops of the essence of almonds, or any other essence you may prefer, with two ounces of fresh butter ; add a quart of milk ; boil from fifteen to twenty minutes, till it forms a smooth substance, though not too thick ; then pour it in a mould previously buttered ; when cold, it will turn out like jelly.

“ In Burgundy, at Christmas time, while the yule log is burning, and the family, seated about, sing Christmas carols, the youngest child is sent into the corner to pray that the yule log may bear him some sugar-plums. Meanwhile, little parcels of them are placed under each end of the log, and the children come and pick them up, believing in good faith that the great log has borne them.”

*Isabella Cream.*—One ounce of isinglass, dissolved in half

a pint of boiling water. After straining it, add one quart of cream, and stir until it boils. One teacup of crushed sugar is now put in, and the mixture a little cooled, when the beaten yolks of six eggs are gradually added, together with one glass of wine. The whole should be strained, and stirred until almost cool, when it may be turned into a mould. This is a handsome dish, as the yolks of the eggs gives a fine rich color.

*Bohemian Cream.*—Take four ounces of any fruit which has been stewed soft and cooked with sugar; pass this fruit through a sieve, and add then an ounce and a half of melted isinglass to half a pint of the fruit; mix it well, whip up a pint of cream, and add the fruit and isinglass gradually to it; put it into a mould; let it set on ice or in any cool place, and when ready, dip the mould into warm water, and turn out.

*White Cream.*—Put into a basin a quarter of a pound of sugar, one gill of pale brandy, and one and a half ounces of melted isinglass, or calf's foot; stir it well, and add a pint of whipped cream. Other liquors may be added, in which case put in less sugar. Put it in a mould, and proceed as above.

*Curds and Cream.*—Put as much rennet into rich sweet milk as will set it. When the curd is formed, take it up carefully with an egg-spoon, draining off the whey; lay it in a deep dish, and surround it with cream; eat it with powdered sugar. This Arcadian dish must be made with judgment, lest the curd be hard.

*Almond Cream.*—Blanch a pound of almonds, pound them fine, and mix them with a quart of cream; sweeten and freeze it. The kernels of the common black walnut prepared in the same way make an excellent cream.

*Ice Cream.*—One quart of milk or cream to three eggs. Scald the eggs and milk, but do not let it boil. If you use cream, scald

first the eggs with a little milk, and add the cream afterwards. Sweeten and flavor to your taste, and then freeze.

*Ice Cream without Eggs, (very nice.)*—One quart of milk, three spoonsful of corn starch. Let the mixture boil for one hour; whip one quart of cream, and add to it; sweeten and flavor to your taste.

The color of this ice-cream is not as rich as where eggs are used, but, if properly frozen, the flavor is equally good.

Masser's patent ice-cream freezer is highly recommended to housekeepers, as by its use much time and labor are saved.

*Lemon Cream.*—Pare the yellow rind of four lemons; put this rind into one quart of fresh cream, and boil it; squeeze and drain the juice of one lemon, saturate it completely with powdered sugar, and when the cream is quite cold, stir it in; take care that it does not curdle; if not sweet enough, add more sugar.

*Flummery.*—To one cup of jelly, one cup of cream, and half a cup of wine; boil fifteen minutes over a slow fire, stirring it all the time; sweeten it, and add a spoonful of orange or rose-water; cool it in a mould, turn it into a dish to serve, and pour around it cream flavored with any thing you like.

*Cocoa-nut for Dessert.*—Grate a cocoa-nut very nicely, add powdered sugar, until very sweet; serve with cream.

*Charlotte de Russe.*—One pint of milk, the beaten yolks of four eggs, and half a pound of white sugar. Soften one ounce of isinglass in cold water; when it is soft, add it to your milk and eggs, letting it get thoroughly dissolved. Put the whole upon the stove, but only to get a good heating, to scald, but not to boil.

Have one quart of flavored cream whipped to a froth, and stir it into the previous preparation, when that has begun to thicken.

Line your mould with pieces of cake stuck together with the white of an egg.

For the cake, this rule is very good: Two-thirds of a cup of butter, half a cup of milk, two cups of sugar, four cups of flour, four eggs, one teaspoon of cream-of-tartar, half a teaspoon of soda. Bake in shallow pans or plates, as for jelly cake.

“Ne'er speak ill o' them wha's bread ye eat.”

*Spanish Charlotte.*—Place crumbs of stale cake on the bottom of your pudding-dish, pare tart apples, or any other acid fruit, and put a layer over your cake crumbs. Continue them alternately until the dish is nearly full, making the cake crumbs form the top. Pour a custard over it and bake it. Serve with a sauce of sweetened cream, or butter and sugar flavored with wine or brandy.

*Mother's Custard.*—One quart of milk, eight eggs; sweeten to taste, then strain the custard. Flavor with vanilla, lemon, or rose-water. Butter the cups, and after pouring the custard into them, grate nutmeg over them. Set the cups in a baking-tin, pour boiling water into it to the depth of an inch, and then bake. They bake in fifteen minutes if the oven be of firm heat. Try them by inserting the smooth handle of a spoon, which comes out clear when they are baked.

*Potato Blanc-mange.*—To one cup of potato meal, take eight cups of sweet milk. First mix the meal well with two or three spoonfuls of the cold milk; the rest of the milk being scalded, stir it into it, let it boil a short time, flavoring to your taste; then cool it. If the juice of raspberries, currants, or especially cranberries, be used instead of milk, a jelly is formed which makes an elegant addition to the table.

*A Southern Trifle.*—Take the weight of four eggs in powdered sugar, and the weight of two eggs in flour, to which add one

teaspoonful of rose-water, and two table-spoonsful of Madeira wine. Beat the whites of four eggs until they froth, and the yolks of the same with your flour and sugar until quite light. Then mix all well together, put it into an earthen dish; and in seven or eight minutes it will be baked. Have your baking-dish well buttered.

*Lemon Kisses.*—Take the well-beaten whites of four eggs, stiffen with powdered sugar, and flavor with lemon. Drop spoonful of the mixture, at regular distances, on a well-buttered white paper. Set the paper on the bottom of your oven, and in a minute they are done. This quantity will fill a cake basket.

*A Delicate Dessert.*—The whites of six eggs well beaten. Add currant jelly, and beat it until well colored. To be eaten with sweetened cream.

Here, as I steal along the sunny wall,  
Where autumn basks, with fruit empurpled deep,  
My pleasing theme continual prompts my thought;  
Presents the downy peach, the shining plum,  
The ruddy, fragrant nectarine, and dark,  
Beneath his ample leaf, the luscious fig.  
The vine, too, here her curling tendrils shoots,  
Hangs out her clusters glowing to the south,  
And scarcely wishes for a warmer sky.

THOMSON.

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## JELLIES.

*Apple Jelly.*—After paring and coring your apples, nearly cover them with water, and stew until they are soft; then mash them, turn the whole into a thick strainer, squeeze out the juice, measure it, and strain it through another cloth; to every pint add

a pound of white sugar; stir it well together and put it over the fire to simmer, or boil slowly; soak a small pinch of saffron in a little water, and strain the liquid into the previous mixture, stirring it thoroughly in, that it may give a handsome straw color to your jelly. After the latter has boiled slowly fifteen or twenty minutes, during which time you remove the scum, try it by dropping a spoonful of it into a cup of cold water; if it settles on the bottom, it is a token that it is sufficiently cooked.

Take it up in cups, bowls, or glasses, which must stand in a warm, dry place, such as in the sun or a moderate oven, until the jelly appears to harden a little; then cut paper the size of the top of the jelly, lay it down upon the surface, and outside of these and over the edge of the cups, paste paper tight, in order to exclude the air.

*Crab Apple Jelly* is made after the preceding rule.

*Four Fruit Jelly.*—Take equal parts of ripe strawberries, currants, raspberries, and red cherries. All should be fully ripe. The cherries must be stoned, taking care to save the juice that runs from them when stoning. Mix the fruit together, put it in a linen bag, squeeze it then into an earthen vessel, and measure the juice. To one pint of the juice, add one pound and two ounces of sugar. If you use powdered sugar, you must take a pound and a quarter, as it is inferior in sweetness. Mix the juice and sugar together, and boil twenty minutes over a moderate fire. Take it up in small bowls or cups, and after standing twenty-four hours in a dry, warm place, paste it up tightly so as to exclude the air.

*Grape and Cranberry Jellies* are made in the same manner as currant.

The grape is a native of Asia. When the Israelites sent spies to look at the promised land, they found there grapes, and brought away with them a cluster.



The pomegranate was the favorite device of Catharine of Aragon. This fruit is so called from "pomme" and "granate," which signifies "apple of Granada." Granada was conquered by her parents, Ferdinand and Isabella.

*Currant Jelly.*—Pick the currants on their stems, and, if they are dusty, wash them carefully, and lay them on plates to drain over night. In the morning, put them in a stone jar, and set the latter in a kettle of cold water, over the fire. Let them boil an hour or more, pour them then into a thick cloth strainer (flannel is the best), and squeeze them. Strain the juice again through another cloth. To one pint of this juice add one pound of white sugar. Stir the sugar to dissolve it well in the juice, and then boil it twenty minutes; skim it clear, and pour it into small bowls, cups, or glasses. It thus keeps better than if in a large quantity, since after a jar is opened, the jelly soon wastes or spoils, and it is better to open only as much as will be used immediately. When the jelly is well formed in the dishes, which requires at least twenty-four hours, lay white paper cut to fit the dish, close upon the surface; then paste paper over all tight, and label the cups. Keep them in a cool, dry place.

Sometimes it is well to set the cups of jelly, while it is forming, into an oven moderately warm, leaving the door of the oven open. Either this mode, or setting it in the sun, is necessary.

*How to save Currant Juice when, from bad Management, it will not form into a Jelly.*—Many persons, by some mismanagement, cannot bring their currant juice into a jelly. It is a perfectly simple process, and common care and attention are alone necessary to success. But since mistakes do occur, and may, even with the most careful, for housekeepers are subject to many interruptions while engaged in these nice matters of cooking, it is well to know how to remedy these errors. To save the juice, then,

add to it red raspberries in such quantity as can easily cook in the juice. Boil them together, and they will form an excellent preserve.

*Green Currant Jelly.*—Jelly can be made of green currants in the same manner as from the ripe ones. To give it a fine color, stain it with strawberry juice; it is nice of its own color, but not equally handsome. This jelly is said to be delicious.

*Black Currant Jelly* is a very efficacious remedy in cases of sore throat, quinsy, etc.

Currants are so called from Corinth, near which city they grow. They flourish also in some of the Ionian islands, and upon the shores of the Peleponnesus. They grow upon a vine, and resemble very nearly the grape, both in leaf, form, size, and manner of growth. The name is corrupted in all European languages, as well as our own; in German they are called *Corinthen*; in French *Raisins de Corinthe*.

*Calf's-Foot Jelly.*—Boil four calves-feet, which have been previously cleaned nicely. When boiled to pieces, strain the liquor, and when cold, take all the grease off from it, and put the jelly into your preserving-pan or kettle, taking care to avoid the dregs; there should be from these feet about two quarts of jelly. Add to it one quart of white wine, the juice of six fresh lemons, one and a half pound of powdered sugar, a little cinnamon and mace, and the *rind* from two of the lemons. Wash eight eggs very clean, whip the whites to a froth, and add them with the shells to the jelly to purify it; after which, set the kettle over the fire; stir it occasionally until the jelly is melted; when it has boiled till it looks quite clear on one side, and the dross accumulates on the other, take off carefully the latter, and pour the jelly into a bag; the bag should be made of cotton or linen, and sus-

pended in a frame made for the purpose ; pour the jelly back until it runs through quite transparent ; then set under it your forms into which it will run, and do not stir it while it is hardening. The feet of hogs make a very pale jelly ; those of sheep make it of a beautiful amber color.

*Chicken Jelly, (for invalids.)*—This jelly, which is invaluable for invalids, can be prepared best after the following manner ; it will then retain all its nutritious qualities :—Take a chicken, fresh killed, and after it is washed and dressed, crack all the bones ; lay it then in a stone jar, cover it with a paste of flour and water, forming a crust ; set the jar in a kettle of water, and let it boil four hours ; take it off, strain the liquid, and when it cools, remove the fat from the top, and flavor the jelly with Madeira wine.

*Dried Apple Jelly.*—Take a quarter of a peck of dried apples, wash them well, and let them soak over night in about two quarts of water ; boil them in the same water until they are very soft ; about a quarter of an hour before you take them up, throw in two or three sticks of cinnamon ; strain the whole through a flannel bag, and to every pint of juice, take one and a half pound of loaf sugar ; boil it until it jellies, which you ascertain by trying a little in cold water ; take it off, and when nearly cold, put in ten drops of the fresh essence of lemon, (or fifteen, if you are particularly fond of it,) put it into moulds, and set it away to cool, if intended for immediate use ; or put it into tumblers or cups, and, when hardened, paste over it thick white paper. This jelly is nice, and has baffled the sagacity of many discriminating persons to ascertain its constituent parts.

*Wine Jelly.*—Cut up an ounce of isinglass, and let it soften an hour or two in cold water ; then drain off the water, and pour over the isinglass one quart of boiling water ; when this has

dissolved, strain it through a napkin, and sweeten to your taste; pour it into a small brass kettle, and set it on the stove to boil, carefully skimming with a silver spoon. After it has boiled a few minutes, take it off, and when nearly cold, flavor with one gill of brown sherry wine, and pour into the moulds.

*Another Wine Jelly.*—One ounce of isinglass, one quart of water, the whites of two eggs beaten, the juice of one and a half lemon, the peel of one lemon, table-spoon of cinnamon, teaspoon of mace, half a pound of loaf sugar. Mix them all together; boil five minutes; add half a pint of wine, and strain through a flannel bag while hot.

*Apple Florentine, (an old Christmas dish.)*—This apple florentine consisted of an immensely large dish of pewter, or such like metal, filled with good baking apples, sugar, and lemon, to the very brim, with a roll of rich paste as a covering—pie fashion. When baked, and before serving up, the “upper crust” was taken off by a skilful hand, and divided into sizeable triangular portions or shares, to be again returned into the dish, ranged in formal order round, by way of garnish; when, to complete the mess, a full quart of well-spiced ale was poured in quite hot. This dish was an ancient dainty, much used in Christmas entertainments fifty years ago, and of which all of the guests invariably partook.—WM. HONE'S *Every Day Book*.

It was an old practice to stick apples with nuts, and to send either that or an orange stuck with cloves, as a New Year's gift. The apple is pleasantly associated with classic stories. It was a golden *apple* that Paris gave to Venus when the rival goddesses contended upon Mount Ida for the prize of Beauty.

*Macaroons.*—Blanch one pound of sweet almonds, pound them in a mortar, with rose-water; whip the whites of seven eggs to a strong froth, and add to them one pound of powdered sugar; beat

it some time, then put in the almonds; mix them well, and drop them on sheets of buttered paper; sift sugar over, and bake quickly. Be careful that they do not get discolored.

*Cocoa-nut Macaroons.*—To one grated cocoa-nut, add its weight in sugar, and the white of one egg beaten to a froth; stir it well, and cook it a little; then wet your hands, and mould it into small cakes, laying them upon buttered paper, as above. Bake in a moderate oven.

In France, during the reign of Henry III., it was the fashion for every person to carry about with him a *confit-box*. “All the world, the grave and the gay, carried in their pockets such a box, as we do snuff-boxes; it was used on the most solemn occasions. When the Duke of Guise was shot at Blois, he was found with his *confit-box* in his hand.”

“I, gentle readers, have set before you a table liberally spread. It is not expected or desired that every dish should suit the palate of all the guests; but every guest will find something that he likes. You, madam, may prefer the boiled chicken with stewed celery, or a little of that fricandeau; the lady opposite will send her plate for some pigeon-pie. The Doctor has an eye upon the venison—and so, I see, has the Captain. Sir, I have not forgotten that this is one of your fast days; I am glad, therefore, that the turbot proves so good,—and that dish has been prepared for you. Sir John, there is garlic in the fricassee. The Hungarian wine has a bitterness which everybody may not like; the ladies will probably prefer Malmsey. The Captain sticks to his Port, and the Doctor to his Madeira. There is a splendid trifle for the young folks which some of the elders may not despise; and I only wish my garden could have furnished a better dessert,—but, considering climate, it is not amiss. Is not this entertainment better than if I had set you all down to a round of beef and turnips?”—SOUTHEY'S DOCTOR.

TABLE HABITS AND PECULIAR DISHES OF  
VARIOUS NATIONS.

OLD ENGLISH LIVING.

Come, help me to raise  
Loud songs to the praise  
Of good old English pleasures ;  
To the Christmas cheer,  
And the foaming beer,  
And the buttery's solid treasures ;—

To the stout sirloin,  
And the rich spiced wine,  
And the boar's head grimly staring ;  
To the frumenty  
And the hot mince pie,  
Which all folks were for sharing.

To the holly and bay  
In their green array,  
Spread over the walls and dishes ;  
To the swinging sup  
Of the wassail-cup,  
With its toasted healths and wishes.

*Old Christmas Song.*

The fuell'd chimney blazes wide ;  
The tankards foam, and the strong table groans  
Beneath the smoking sirloin, stretch'd immense  
From side to side, in which, with desperate knife,  
They deep incision make, and talk the while  
Of England's glory. —————

————— or amain  
Into the pasty plunged ; at intervals—  
If stomach keen can intervals allow—  
Relating all the glories of the chase.

TUOMSON.

THE tables of the English nobles and gentlemen of the feudal  
days were spread with a lavish profusion ; and abundance,

rather than elegance, presided at their feasts. Surrounded by troops of retainers, they were compelled to furnish large supplies for daily, ordinary fare, and when these were increased on occasions of importance, the prodigious profusion appears to us most astonishing, and can scarcely be credited in these days of more moderate living.

At one marriage feast alone, that of the Earl of Cornwall, *thirty thousand dishes* were served up; and at the marriage of the Princess Margaret to Alexander the Third of Scotland, *sixty fat oxen* made only one article of provision for the feast.

“ They served up salmon, venison, and wild boars.  
By hundreds, and by dozens, and by scores.  
Hogsheads of honey, kilderkins of mustard.  
Muttons, and fatted beeves, and bacon swine;  
Herons and bitterns, peacocks, swan and bustard,  
Teal, mallard, pigeons, widgeons, and, in fine,  
Plum puddings, pancakes, apple pies, and custard.  
And therewithal they drank good Gascon wine,  
With mead, and ale, and cider of our own;  
For port, punch, and negus were not known.”

In the kitchen of Richard I., three hundred persons were employed, and the queen had a like number to attend upon her service. During a famine the king entertained six thousand persons daily. He valued himself on surpassing in magnificence all the sovereigns of Europe, and lived as if he possessed inexhaustible treasures.

Among the dishes which were in high favor at an early period, appear the crane and the peacock.

It is told of William the Conqueror, that, when his prime favorite, William Fitz Osborne, who, as steward of the household, had charge of the curey, served him with the flesh of a crane, scarcely half roasted, the king was so highly exasperated that he lifted up his fist, and would have struck him, had not Eudo, who

was appointed steward soon after, warded off the blow. Tame cranes are said to have stood before the table at dinner, and kneeled and bowed the head when a bishop gave the benediction! The peacock, in particular, was considered, during the days of chivalry, not merely as an exquisite delicacy, but as a dish of peculiar solemnity. After being roasted, it was decorated with its plumage, and a sponge, dipped in lighted spirits of wine, was placed in its bill. When it was introduced on days of grand festivals, it was the signal for the adventurous knights to take upon them vows to do some deed of chivalry "before the peacock and the ladies." The receipt for dressing the peacock "enkakyll," as this dish was called, is thus given: "Take and flay off the skin with the feathers, tail, and the neck and head thereon; then take the skin and all the feathers and lay it on the table abroad, and strew thereon ground cummin; then take the peacock and roast him, and baste him with raw yolks of eggs; and when he is roasted, take him off and let him cool awhile, then take him and sew him in his skin, and gild his comb, and so serve him forth with the last course." To accompany this dish, we are told of

"The carcasses  
Of three fat wethers bruised for gravy, to  
Make sauce for a single peacock."

Sometimes the peacock was made into a pie, at one end of which the head appeared above the crust in all its plumage, with the beak richly gilt; at the other end the tail was displayed.

It was the unbroken custom to serve, at certain seasons, a particular dish first; as a *boar's head* at Christmas, a *goose* at Michaelmas, a *gammon of bacon* or a *red herring riding away on horseback* at Easter. This last was a herring shaped by the cook after the likeness of a man on horseback, set in a corn salad. The custom of eating the gammon of bacon at Easter, originated in the desire to show an abhorrence of Judaism at this solemn



commemoration of our Lord's resurrection. Some of these practices are still maintained in certain parts of England; the boar's head is yet brought in as the first dish at the Christmas dinner at Queen's College, Oxford, as it has been for scores of years. It is borne into the hall to the principal table with great state and solemnity, the bearer singing to an old tune the following carol:

*Caput Apri defero*

*Reddens laudes Domino.*

The bore's head in hand bring I,  
With garlandes gay and rosemary,  
I pray you all synge merely,  
*Qui estis in convivio.*

The bore's head, I understande,  
Is the chief servyce in this lande;  
Loke wherever it be fande,  
*Servite cum Cantico.*

Be gladde, lords, both more and lasse,  
For this hath ordayned our stewarde  
To chere you all this Christmasse,  
The bore's head with mustarde.

The head was set upon its neck on the platter, with an apple or lemon in its mouth, and sprigs of rosemary in its ears and nose; the platter was also garnished with the same, and with garlands.

In Scotland the boar's head was also regarded with honor; it was sometimes borne to the table, surrounded by little banners, displaying the colors and achievements of the baron at whose board it was served. The Spaniards, on the contrary, viewed it with abhorrence; they ate the boar's flesh, but believed that to eat of the head would drive men mad, therefore they always burned it.

Game pies were in great favor, as also herring and eel pies. Ancient receipts for making these pies are extant, among which we select the following as curious in its way, and because it has been found to be excellent when used by a modern cook:

“*For to make a most choice paste of Gamys, to be eaten at the Feast of Christmas, (17th, Richard II., A. D. 1394.)*—Take pheasant, hare, and chicken, or capon, of each one; with two partridges, two pigeons, and two coningies; and smite them in pieces, and pick clean away therefrom all the bones that ye may, and therewith do them into a shield, or case of good paste made craftily into the likeness of a bird’s body, with the livers and hearts, two kidneys of sheep, and seasonings, or forced meats and eggs made into balls. Cast thereto powder of pepper, salt, spice, and strong vinegar, or catsup, and pickled mushrooms; and then take the bones and let them seethe in a pot, to make a good broth for it, and do it into the case of paste, and close it up fast, and bake it well, and so serve it forth; with the head of one of the birds stuck at the one end of the case, and a great tail at the other end, and divers of his long feathers set in cunningly all about him.”

Plum-pudding and roast beef are proverbially the national dishes of England, and from the latter the Englishman boasts that he derives much of his strength and power of endurance. The mince-pie has always been a favorite, and, as well as the beef and plum-pudding, has had its praises rehearsed both in prose and poetry.

The usual fare of country gentlemen, in Shakspeare’s day, was “foure, five, or six dishes, when they have but small resort;” as when Justice Shallow invites Falstaff to dinner, he issues the following orders: “Some pigeons, Davy; a couple of short-legged hens; a joint of mutton; and any pretty little tiny kickshaws, tell William, cook.”

But on feast days, the profusion and cost of the table were astonishing. Harrison observes, that the country gentlemen and merchants “contemned butcher’s meat, and vied with the nobility in the production of rare and delicate viands.”

It was the custom in the houses of the country gentlemen to retire after dinner, which generally took place about eleven in the morning, to the garden-bower, or an arbor in the orchard, in order to partake of the *banquet* or dessert. Thus Shallow, addressing Falstaff after dinner, exclaims, "Nay, you shall see mine orchard, where in an arbor we will eat a last year's pippin of my own grafting, with a dish of carraways, and so forth." From the banquet it was usual to retire to evening prayer, and thence to supper, between five and six o'clock; for there were seldom more than two meals,—dinner and supper; the supper, on days of festivity, was often protracted to a late hour, and often was as substantial as the dinner. The *posset*, at bedtime, was universal, to which Shakspeare frequently alludes.

The *carte*, or bill of fare, was introduced about this period at the tables of the nobility; for Harrison tells us, that "the clearke of the kitchen useth, (by a tricke taken up of late,) to give in a briefe rehearsall of such and so manie dishes as are to come in everie course throughout the whole service in the dinner or supper; which bill some doo call a memoriall, others a billet, but some a fillet, because such are commonly hanged on the file."

None, we are told, presumed to touch the most dainty dishes, until they had first been offered to the principal personage at the table, after which, in due course, they were again passed downward, and were free to all.

Quite an idea of the dinner arrangements in a nobleman's family in the 17th century, may be obtained from the orders of Lord Fairfax to his servants:

"Dinner must be ready by eleven of the clock, prayers after tenne, and the orders observed, as is before said."

"The usher must attend the meat, going through the hall crying, 'by your leaves, my masters.' Likewise, he must warn for the second course, and attend it as aforesaid.

“If any unworthy fellow do unmannerly set himself down before his betters, he must take him up and place him lower.

“Let the best-fashioned and apparelled servants attend above the salte, the rest below.

“If one servant have occasion to speak to another about service att the tables, let him whisper, for the noyse is uncivil.

“If any servant have occasion to go forth of the chamber for any thing, let him make haste, and see that no more than twoe be absent. And for prevention of errands, let all sauces be ready at the door; for even one messe of mustard will take a man’s attendance from the table; but least any thing happen unexpected, let the boy stand within the chamber-door for errants. And see that your water and voider be ready soe soon as meate is served and set on the table without. Have a good eye to the board for empty dishes and placing of others, and let not the board be unfurnished.

“Let no man fill beere or wine, but the cupboard keeper, who must make choice of his glasses or cups for the company, and *not serve them hand over head*. He must also know which be for beere, and which for wine; for it were a foul thing to mix them together.

“Once againe let me admonish silence, for it is the greatest part of civility.”

We are much indebted to the “Diary of Mr. Pepys” for information respecting the culinary department of a *private family* at this period; and as his minute account of various dinners cannot fail to be interesting to all housekeepers, we shall extract some portions of the same:

“Jan. 26, 1659.—Home from my office to my lord’s lodgings, where my wife had got ready a very fine dinner, viz.: a dish of marrow bones, a leg of mutton, a loin of veal, a dish of fowl, three pullets, and a dozen of larks all in a dish; a great tart, a neat’s tongue, a dish of anchovies, a dish of prawns, and cheese.

“December 2.—Home to dinner, where my wife and I were all alone to a leg of mutton, the sauce of which being made sweet, I was angry at it, and eat none, but only dined on the marrow bones.”

The next year he obtained an office under government, through the patronage of his cousin, the Earl of Sandwich, and says he is now “in a handsome and thriving condition.”

“February 25.—Went to Mr. Symon’s, who was abroad, but she, like a good lady, within; and there we did eat some nettle porridge, which was made on purpose for some of their coming, and was very good.”

June 5.—He speaks of eating botargo, a sausage made of eggs, and the blood of a sea mullet, with bread and butter, and drinking great quantities of claret.

“December 1.—We had a good dinner; cut a collar of brawne, which proves very good, and also opened a glass of girkins, which are rare things.”

In 1660, he is invited to dinner parties, and begins to give them in return.

“January 6.—To dinner at Sir William Penn’s, it being a solemn feast day with him,—his wedding day; and we had, beside a good chine of beef and other good cheer, *eighteen mince pies in a dish*,—the number of years he has been married.

“February 3.—Dined with Sir William Batten, with many friends more, it being his wedding day. Among other frolics, it being their third year, they had three *pyes*, whereof the middlemost was made of an oval form in an oval hole within the other two, which made much mirth, and was called the middle-piece. We had great striving to steal a spoonful out of it, and I remember Mrs. Mills, the minister’s wife, did steal one for me, and did give it me; and, to end all, one lady did fill the pie full of white wine, at least a pint and a half, and did drink it off for a health to Sir William and my lady; it being the greatest draught that ever I did see a woman drink, in all my life.”

March 26.—Having guests to dine with them, he says, “I had a pretty dinner for them, viz.: a brace of stewed carps, six roasted chickens, and a jowle of salmon hot for the first course: a tansy, a kind of sweet dish made of eggs, cream, etc., flavored with the juice of tansy; and two neats’ tongues and cheese, the second. We had a man cook to dress dinner to-day. Merry all the afternoon, talking, singing, and piping on the flageolet.”

Visiting Southampton, he dines with the mayor, who gives him sturgeon, well ordered, and also caveare; but he complains that he could not dress it to his taste, for they had “neither given it salt enough, nor were the seeds of the roe broke, but were all in berryes.”

“July 5.—Had Sir William Penn, who I hate with all my heart, for his base, treacherous tricks, but yet I think it not policy to declare it yet, and his son, and two others, to my house to dinner. I had a shoulder of venison roasted, another baked, and the umbles baked in a pie; and all very well done. We were as merry as I could be in that company.

“December 18.—Mr. Coventry invited himself to dinner, of which I was proud; but my dinner being a leg of mutton and two capons, they were not done enough, which vexed me; but I made shift to please him, I think, but when he was gone, was very angry with my wife and people.

“January 6, 1662.—Bought a fine table for my dining-room that cost me eighty shillings. My poor wife rose by five o’clock in the morning, before day, and went to market, and bought fowles and many other things for dinner, with which I was highly pleased; and the chine of beef was down also before six o’clock, and my own jacke, of which I was doubtful, do carry it very well, things being put in order, and the cook come. By-and-by, comes Dr. Clerke and his lady, his sister, and a she-cozen, and Mr. Pierce and his wife, which were all my guests. I had for them, after oysters at first course, a hash of rabbits and lamb, and a

rare chine of beef. Next, a great dish of roasted fowle, (cost me thirty shillings,) and a tart, and then fruit and cheese. My dinner was noble and enough. I had my house mighty clean and neat; my room below with a good fire in it; my dining-room above; and my chamber, being made a withdrawing chamber, as also my wife's, in which was a good fire. I find my new table very proper, and will hold nine or ten people well, but eight with great room."

April 4.—He gave another dinner, when he says, that he "was very merry before and after dinner, and the more for that my dinner was great, and most neatly dressed by our own only mayde. We had a fricassee of rabbits and chickens, a leg of mutton boiled, three carps in a dish, a great dish of a side of lamb, a dish of roasted pigeons, a dish of four lobsters, three tarts, a lamprey pie, a most rare pie, a dish of anchovies, good wine of several sorts, and all things mighty noble, and to my great content."

January, 1666.—He buys plate for his table; invites Sir William Penn and others, and his vanity is gratified by "seeing them all gaze to see themselves so nobly in plate, and a neat dinner indeed, in plate, but of seven dishes."

In April, 1667, he says, in speaking of a wedding at Sir William Penn's, that "they borrowed many things of my kitchen for dressing their dinner!" which he pronounces a poor one.

Another occasion, Sir William invites him and others to dinner; they "dined upon nothing but pigeon pyes, which was such a thing for him to invite all the company to, that I was ashamed."

One of his home dinners was "a ham of French bacon boiled with pigeons, and a roasted swan, both excellent dishes." On another occasion, he speaks of a haunch of venison powdered and boiled, and a powdered leg of pork; also a fine salmon-pie.

In 1668, when preparing for a grand dinner, he says, "Home, and found one laying of my napkins against to-morrow in figures of all sorts, which is mighty pretty, and it seems it is his trade,

and he gets much money by it, and do now and then furnish tables with plate and linen for a feast at so much, which is mighty pretty, and a trade I could not have thought of."

Of his grand dinner to the lords, which seems to have given him much satisfaction, he gives us the following account: "To the office till noon, when word was brought me that my Lord Sandwich was come; so I presently rose, and there I found my Lords Sandwich, Peterborough, Lord Godolphin, and others. After greeting them, and some time spent in talk, dinner was brought up, one dish after another, but a dish at a time, but all so good; above all things, the variety of wines, and excellent of their kind, I had for them, and all in so good order, that they were mightily pleased, and myself full of content at it; and, indeed, it was of a dinner, about six or eight dishes, as noble as any man need to have, I think—at least, all was done in the noblest manner that ever I had any, and I have rarely seen in my life better anywhere else, even at court. After dinner, my lords to cards, and the rest of us, sitting about them and talking, and looking on my books and pictures, and my wife's drawings, which they commended mightily; and mighty merry all day long, with exceeding great content, and so till seven at night, when they took leave.

"Thus was this entertainment over, the best of its kind, and the fullest of honour and content to me, that ever I had in my life."

#### SCOTTISH HOSPITALITY.

The Highlanders of Scotland formerly carried their hospitality to as great an extent as the ancient Celtæ. It was their uniform practice to leave their doors open during the night, as well as the day, that any traveller might be able to avail himself of shelter and entertainment; and it is still remembered, that in later times the laird had his "latter meat table," daily spread for all who chose to partake of his liberality.



It was said of O'Neil, that guests were in his house more numerous than trees in the forest.

Dr. Malloy relates, that one of his ancestors entertained nine hundred and sixty men, at Christmas, in his house Croghill.

Near Clodach Castle, an old seat of the MacSwineys, a stone was set up by the highway, on which was an inscription inviting all travellers to repair to the house of Edmund MacSwiney for refreshment. One of the family overturned this, perhaps for very substantial reasons, but it was well remarked, that he who did so, never afterwards prospered.

At the burial of one of the lords of the isles, nine hundred cows were consumed.

The Forbes of Culloden had a hogshhead on tap near the hall-door for the use of all comers, and it is said there "was as much wine spilt there, as would content a moderate family."

That such profusion was sometimes followed by a corresponding scarcity, may well be imagined; and this undoubtedly gave rise to a practice which existed in the clan Armstrong. The chief's lady, whenever her larder needed replenishing, served up on a huge dish before the hungry company of retainers, a *pair of clean spurs*, as suggestive of their duty.

"After the last rites at the funeral of a Highland chief had been performed, one hundred black cattle and two hundred sheep were killed for the entertainment of the company. The feast must necessarily have been great where nearly the whole clan had attended, besides the neighboring gentlemen, attendance being often given as a mark of respect. The dinners were often in the churchyard. In England they were sometimes in the church itself."—*Brandé's Ant.*

At these funeral feasts, the nearest of kin presided at the ceremonial, and etiquette usually obliged even the widow to lead the festivities, however painful her loss. Mrs. Murray speaks thus of a funeral preparation in the isles:

“The deceased had been a respectable laird, but not very rich, yet there were six cooks for a week at the house, preparing the feast, towards which meat, fowls, fish, and game of all sorts, had been sent by the friends and relations.”

The rites of hospitality were practised to a ruinous extent by the poor Highlanders, who would keep their visitor until their stock of food was exhausted, when they carried him to the house of a neighbor, to whose care he was then resigned. “The visitors never depart so long as any provision doth last; and when that is done, they go to the next, and so from one to one, until they make a round from neighbor to neighbor, still carrying the master of the former family with them to the next house.” The generous islanders carried their charity to such an imprudent length, that many unprincipled persons frequented the Hebrides for the purpose of profiting by their bounty. At length, it became necessary for the chiefs to enjoin the people to bestow their alms on natives, or acknowledged objects of charity. The Scottish Parliament passed several acts by which “all travelling men, on horse or foot, were ordered to lodge in hostellaries, and that nane other receive them.”

At Highland entertainments, the chief sat at the upper end of the table, and the chieftains and principal men of the clan were ranged on each side, in order of precedence, the commons being at the lower end. The best dishes were, of course, served to those who occupied the honorable end.

On one occasion, an ancient lord of the MacDonalds had, by some mistake, been prevented from taking his place at the head of the table, which occasioned several remarks among the guests. On being told what engaged their attention, he exclaimed aloud, “Know, gentlemen, that where MacDonald sits, *that* is the head of the table.”

The famous Lord Lovat was a striking example of a genuine chief of the old school. About 1725, when he was actively engaged in raising his company, his manners, and the arrangement

of his household, are thus described by one who volunteered in his service: "His lordship got up between five and six o'clock, when both doors and windows were thrown open. Numbers of the vassals were about the house, and entertained at the chief's expense. The lairds sat towards the head of the table, and drank claret with their host; next to these were seated the *duinuassals* (gentlemen), who drank whiskey punch; the tenants who were beneath these, were supplied with ale, and at the bottom, and even outside, a multitude of the clan regaled themselves with bread and an onion, or perhaps, a little cheese and table beer. Lovat, addressing the second class, would say, 'Cousin, I told the servants to hand you wine, but they tell me ye like punch best.' To others, 'Gentlemen, there is what ye please at your service, but I send you *ale*, as I know ye prefer it.'

"It required good management to make a limited income sufficient for so liberal housekeeping, and some attention was necessary to preserve the motley company in good humor."—*Mem. of Donald McLeod.*

The usual diet of the Highlanders of the present day, is milk, cheese, cream, butter, oat and barley cakes, mutton or goat's flesh, with potatoes. They have also a meal of peas, which they usually buy unground, and use with milk in bread and puddings.

Brose is common in Scotland. It is sometimes simply oat-meal and hot water mixed together, to which butter is added; but the oat-meal is commonly stirred in the water, in which meat, cabbages, and turnips have been boiled. The Highlanders are such a hardy race, and have such a contempt for delicacies in eating, that even when surrounded with plenty, they are sparing in their diet. It is a fact that they will continue at laborious field work contenting themselves with only two meals of water-brose.

The famous Athole brose is a mixture of whiskey and honey with a little oat-meal.

Brochan is similar to oat-meal gruel, but onions are frequently

added, and even pounded cheese. "Easoch," or thin brochan, is eaten with bannocks, and was the sole winter diet of thousands of Highlanders in time of scarcity.

The Black Pudding of the rustics is made as follows: several families unite in buying a cow, or other animal; after it is killed, they fill the entrails with a kind of pudding-meat, consisting of blood, suet, groats, etc., which being formed into little sausage links, are boiled, and sent about as presents. These are called black puddings from their color. These puddings were popular in ancient Egypt; the blood of animals was received into a vase and used for this purpose.

Singed sheep's heads was an ancient homely dish of Scotland, as well as the Haggis, Tripe, and Black Pudding, which four are peculiarly national dishes. The Haggis is still so highly valued on this account, that it holds a prominent place at all national feasts, whether at home or in foreign lands. At the recent Burns festivals in New York and Boston, this dish, prepared and sent out from Scotland for the purpose, was tasted of by all the guests, and mentioned with honor.

Burns' poem to the Haggis has immortalized it, and being one cause of its distinguished notice at the present day, we extract a portion of it:

TO A HAGGIS.

Fair fa' your honest, sonsie face,  
Great chieftain o' the puddin'-race!  
Aboon them a' ye tak your place.

Painch, tripe, or thirm;  
Weel are ye worthy of a grace  
As lang's my arm.

Is there that o'er his French *ragout*,  
Or *olio*, that wad staw a sow,  
Or *fricassée* wad mak her spew  
Wi' perfect sconner,  
Looks down wi' sneering, scornful view  
On sic a dinner?

Poor devil! see him owre his trash,  
 As feckless as a withered rash;  
 His spindle shank a quid whip lash,  
   His nieve a nit;\*  
 Thro' bloody flood or field to dash  
   O how unfit!

But mark the rustic, *haggis-fed*,  
 The trembling earth resounds his tread;  
 Clap in his walie nieve a blade  
   He'll mak it whissle;  
 An' legs, an' arms, an' heads will sned  
   Like taps o' thistle.

Ye powers, wha mak mankind your care,  
 And dish them out their bill of fare,  
 Auld Scotland wants nae skinking ware  
   That jaups in laggies;  
 But if you wish her gratefu' prayer  
   Gie her a Haggis!

## RECEIPT FOR A HAGGIS.

*To Mrs. W——.*

BY MRS. GRANT OF LAGGAN.

Though dull, and low, as vanquish'd flag is,  
 I have not yet forgot your haggis.  
 Could I but forward all your wishes  
 For speedy voyage and Scottish dishes,  
 I'd call a steady gentle breeze  
 To waft you o'er the summer seas,  
 And send the swiftest birds of air  
 With freights of Caledonian fare  
 Which, though 'twas neither rich nor rare,  
 Would find a kindly welcome there.  
 The pelican would not be lag,  
 But bring a haggis in her bag;  
 The sulky hooded crow should bring  
 Black pudding on his sooty wing;  
 The sea mew, mount on pinions light,  
 And stock your board with puddings white;

\* *His fist a nut.*

The swiftest wild goose of the flock  
 Should bear a roasted bubbly jock ; \*  
 The eagle, lofty child of light,  
 Should upward steer his steady flight,  
 Beyond imperfect human sight,  
 Then on your deck his bounty spread,  
 Caller nowts feet† and sing'd sheep's head ;  
 The gulls that skim innumerable by you,  
 With fish in sauce may well supply you.  
 But why, when languid grown and old,  
 With senses dull, and fancy col ,  
 Should I thus waste my worn abilities,  
 In dreams of mere impossibilities ?  
 The plain, prosaic, short receipt  
 To make a haggis fit to eat,  
 Is better than poetic sham  
 Like Schakkaba's pistachio lamb :—

John Bull, amidst his venison haunches,  
 May shudder at the sound of paunches,  
 And say the lofty-minded Scot  
 Feeds like a sordid Hottentot.  
 But mark the odds. The Scotch gude-wife,  
 With cleansing stream and scraping knife,  
 So well extirpates all impurity,  
 E'en John might feed in full security.  
 When freed from every earthly soil,  
 Your whole materials slightly boil ;  
 The humblest and the noblest part  
 Must mingle ; add the lungs and heart ,  
 When parboiled spread them on the dresser ;  
 With knives, the greater and the lesser,  
 Be sure to hack and hew them all,—  
 They never can be minced too small.  
 Of Scottish oatmeal, fresh and sound,  
 Add something less than half a pound ;  
 Then shred two Patagonian onions,  
 The largest in the state's dominions ;  
 High seasoning here is thought no fault—  
 Then give a spoonful large of salt ;  
 Of pungent pepper rather less ;  
 In all things, best to shun excess.

\* Bubbly Jock—a turkey cock.

† Caller nowts feet—fresh cow heels.

And now, though rather late to do it,  
 I must remind you of the suet :  
 A scanty pound may do for all,  
 And pray be sure to mince it small  
 With oatmeal, and your onions shred,  
 And o'er the mingled entrails spread :  
 The maw, when cleansed with scalding water  
 And freed from each offensive matter,  
 You must with anxious skill prepare,  
 And fill the yawning bag with care ;  
 For all are poured in this receptacle  
 To furnish forth the goodly spectacle  
 Of portly haggis, first in place,  
 "Great chieftain of the pudding race!"  
 But mind, it must not, like your skull,  
 Be cramm'd of precious matter full ;  
 For know, when filled and steaming hot,  
 It feels the tempest of the pot ;  
 Proud of its new abode, it swells,  
 'Gainst the imprisoning bag rebels,  
 And bursting with impatient pride,  
 Pours all its treasures from its side.  
 Pray then this caution ponder well,  
 And leave a space for room to swell.  
 Then bid your kind gude-man be sure  
 To shape and scrape a wooden skewer,  
 And carefully adjust that pin  
 To keep the boiling haggis in ;  
 Two hours slow boiling o'er the fire  
 Will make it all that you desire.  
 Then on the board your haggis place,  
 And bless it with decorous grace ;  
 And having thus attain'd your aim,  
 Fall to, in good St. Andrew's name.

#### IRISH CUSTOMS.

*Four Kings at Dinner.*—Sir Richard Cristeed was appointed by Richard II. to introduce English customs into Ireland, and he thus describes the manners of the four kings at table :

"I observed, as they sat at table, that they made grimaces that did not seem to me graceful or becoming, and I resolved, in

my own mind, to make them drop that custom. When they were seated at table, and the first dish served, they would make their minstrels and principal servants sit beside them, and eat from their plates and drink from their cups. They told me this was a praiseworthy custom of their country where everything was in common, but the bed. I permitted this to be done for three days; but on the fourth, I ordered the tables to be laid and covered properly, placing the four kings at an upper table, the minstrels at another below, and the servants lower still. They looked at each other, and refused to eat, saying I had deprived them of their old custom, in which they had been brought up. Having explained to them that it would be neither decent nor honorable to continue it, they good-humoredly gave it up."

*Coshering Feasts of the Old Irish.*—"Good bundles of straw, or in summer, green rushes were laid on the floor, on which the guests sat down, another bundle being shaken over their legs, on which were placed the dishes and meat. The rhymers sang, and the harpers played, whilst the company regaled upon beef, mutton, pork, hens, and rabbits, all put together in a great wooden dish. They had also oaten cakes, and great store of aqua vitæ, without which it was not to be termed a feast."—*Barnaby Riche.*

#### FRENCH ENTERTAINMENT.

Hospitality was a virtue which the Gauls carried to the extreme.

"Ariamnes, a wealthy Galatian, formed a resolution of entertaining all his countrymen for a whole year, at his individual expense, and he proceeded in this manner. He divided the roads throughout the provinces into convenient day's journeys, and with reeds, poles, and willows, erected pavilions capable of containing three hundred persons or upwards, and having the preceding year employed artificers to fabricate caldrons, he placed them in these buildings, and kept them continually full of all sorts



of flesh. Every day, many bulls, swine, sheep, and other cattle, were slain, and many measures of corn, and much barley meal, ready kneaded, was procured; and all this was not confined to the inhabitants, but the servants were instructed to constrain all strangers to partake of the feast. The riches of the Gauls enabled them to indulge in very extravagant expenditure. A king of the Arverni inclosed a space of twelve furlongs, in which he had constructed ponds filled with costly and delicious liquors. Stores of victuals, ready cooked, were also provided, sufficient for all who chose to partake of them, for many days."—*Athenæus*.

"The Gauls, with singular delicacy, never asked the name of a stranger, what he was, or his business, until the entertainment was all over.

"The plenty which filled the land was evinced by their well-supplied tables and continued feasting, which were the theme of even Roman commendation. The Aquitani were famed for their sumptuous and frequent entertainments, and the Celtiberi were noted for being particularly nice and curious in their diet.

"Strabo says, most of the Gauls took their meals sitting on rush beds or cushions. When a company could agree, they sat down to supper in a circle. In the middle sat he who was reckoned most worthy, either from his rank or valor, and next to him was placed the person who gave the entertainment. The others were arranged, each according to his rank."

Varro states, that the Gauls sent into Italy sausages, hog's puddings, and gammons of bacon, and that their bread, which was of superior quality, was supplied to the Romans for the purpose of yeast; they also made excellent cheese, which was highly aromatic, and extolled as medicinal. Pastry is first mentioned in Charlemagne's reign. Thus they early made advances in the arts of cooking. Luxury, extravagance, and profusion increased in France until they reached their height in the reign of Louis XIV. At this period the entertainments were most sumptuous and magnifi-

cent, every thing being obtained which could charm the eye, or delight the sense. After his luxurious reign was over, a change gradually took place in the style of living. Elegance and taste, rather than profusion, became fashionable, and have reigned ever since among the French. Their skill in all the arts of the *cuisine* is world-renowned, it being universally conceded that they practise them in greater perfection than any other people. This skill, as well as their characteristic love of novelties, has enabled the French to add many new articles of food to their dietetic regimen. Among the most noticeable of these additions at the present day, are the frog, the snail, and last—very repulsive to English taste—horse-flesh.

The first of these, the frog, which for a time was eaten exclusively by the French, and viewed with disgust and ridicule by other nations, is now becoming popular in other countries; it is eaten to a considerable extent in England, America, and on the continent. A recent writer says, "I went to the market in the Faubourg St. Germain, Paris, and inquired for frogs. I was referred to the stately-looking dame at a fish-stall, who produced a box nearly full of them. The price fixed was a penny for two, and having ordered a dish to be prepared, the *Dame de la Halle* dived her hand in among them, and the legs, minus skin, still struggling, were soon placed on a dish. These were afterwards cooked at a restaurateur's, being served up fried in bread-crumbs, as larks are in England; and most excellent eating they were, tasting more like the delicate flesh of the rabbit than any thing else I can think of."

Snails have now become a very fashionable article of diet in Paris. The usual modes of preparing them for the table are either by baking, frying them in butter, or sometimes stuffing them with force-meat. In the Isle of Bourbon, they are made into a soup for the sick, by the French.

There are now fifty restaurants and more than twelve hundred

private tables, in Paris, where snails are accepted as a delicacy by thousands of consumers. The monthly consumption is estimated at half a million. The proprietor of one snailery, in the vicinity of Dijon, is said to clear nearly £300 a year, by his snails.

In the provinces of France, where the vine is cultivated, snails of large size abound. They are gathered by the peasants, put in small pans for a few days, and salt water thrown on them, to cause them to discharge whatever their stomachs may contain. They are then boiled, taken out of the shell, and eaten with a sauce, and considered a luxury by the vine-dressers. But in whatever manner they are dressed, it is said that their sliminess always, in a great measure, remains.

At the town of Ulm, in Wirtemberg, snails are fed in great quantities, for various markets in Germany and Austria, but especially for that of Vienna, where they are esteemed a great delicacy, after having been fed upon strawberries.

The breed of large white snails is considered very nutritious and wholesome for consumptive patients, considerable quantities being sold in Covent Garden market, London, for this purpose.

Among the pictures in the dressing-rooms at Chiswick House, the seat of the Duke of Devonshire, there is one, by Murillo, of a beggar boy eating a *snail pie*!

In Switzerland, where there are gardens in which they are fed in many thousands together, a considerable trade is carried on in them during the season of Lent; and they are so valued at Vienna, that a few years ago, the same price was charged at an inn for seven of them, as for a plate of veal or beef.

The favor with which the introduction of snails, as an article of food, has been received on the continent, proves their utility, and also the influence which French investigations and studies respecting food, exert upon the neighboring nations. France, in this department, takes the lead as much as she does in the world of fashion; and although we may not now view some of the dishes

which she originates with approbation, we cannot ridicule them when we see that they afford subsistence and nourishment to the hungry multitudes of Europe. A French gastronomer, M. Brillat Savarin, says, "that the discovery of a *new meat* brings more happiness to the human race than the discovery of a star; and truly, viewed in this regard, the French may be considered benefactors to mankind.

One of the latest gastronomic innovations at Paris is the use of horse-flesh.

"Banquets of horse-flesh are at present the rage in Paris, Toulouse, and Berlin. M. St. Hilaire, an eminent naturalist and professor of zoology, has written a treatise upon horse for food. He contends that, while animal food is absolutely necessary to the proper nourishment of the human race, millions of Frenchmen eat no animal food, and every year millions of pounds of excellent meat are wasted.

"M. St. Hilaire pronounces this meat to be excellent, and cites the evidence of eminent men, who, having eaten it *knowing what it was*, declared that it was better than cow-beef, and some averring that there was little difference between it and ox-beef. Experiments have been tried under three different conditions; first, the guests have known what they were going to eat; secondly, they have been totally ignorant; and, thirdly, they have been warned that they were going to eat something quite novel. Yet, we are told, the result has been the same in every case.

"In 1841, horse-flesh was adopted as an article of food at Ochsenhausen and Wurtemberg, where it is now publicly sold under the surveillance of the police. At the lake of Constance, a large quantity of this meat is also sold. In 1842, a banquet of one hundred and fifty persons inaugurated its public use, at Konigsbaden, near Stuttgart. In 1846, the police of Baden authorized its public sale, and the year following, public horse-flesh banquets were held with great *éclat* at Detmold and Weimar.

“The innovation made rapid converts. At Vienna, in 1853, there was a riot to prevent one of these banquets, but in 1854, such progress had been made, that thirty-two thousand pounds weight were sold in fifteen days, and at least ten thousand of the inhabitants habitually ate horse-flesh. And now Parisian banquets of horse-flesh are common!

“The delight with which the French greet every thing new and eccentric, appears in great contrast with John Bull, who is resolved to eat, drink, and do only what he has been accustomed to. He wants ‘none of your foreign kickshaws, frogs, and snails in fricassees, or sea-slug, or bird’s-nest soup, or horse-flesh steak.’

“It is almost impossible to get him to experiment upon a *new* kind of food, but under the mysterious manifestations of Gunter, Soyer, and other distinguished *chefs de cuisine*, many foreign articles of food have found their way to English tables.”—*Curiosities of Food*.

A satirical writer in the London Magazine thus speaks of French cooks:—“It has long been the reproach of the French that they are not a poetical people. But, at least, their cooks are. Must not a cook be inflamed with the double fires of the kitchen and poetry, when he conceives the idea of fountains of love, (*Puits d’amour*,) starry anniseed, (*Anis Etoilé*,) capons’ wings in the sun, (*Ailes de poularde au Soleil*,) eggs blushing like Aurora; (*Œufs à l’Aurore*.) I consider their beef in scarlet, (*Boeuf à l’écarlate*,) their sauce in half mourning, (*sauce en petite deuil*,) and their white virgin beans, (*Haricots Vierges*,) as examples of the same warm and culinary fancy.

“Their ingenuity is sometimes shown in the invention of new dishes, as well as in the epithets they attach to them,—another poetical symptom. Thus, we have a dish of breeches in the royal fashion, with velvet sauce, (*Culotte à la Royale, sauce velouté*),—tendons of veal in a peacock’s tail, (*Tendons de veau en queue de paon*),—and a shoulder of mutton in a balloon or a bag-pipe!

(*Epaule de mouton en ballon, en musette.*) Sometimes their names are so fanciful as to be totally incomprehensible, especially if you look for them in a dictionary; such as—a palace of beef in Cracovia, (*Palais de boeuf en Cracovie,*)—strawberries of veal, (*Fraises de veau,*)—the amorous smiles of a calf, (*Ris de veau en amourette,*)—a fleet with tomato sauce, (*Flotte, sauce Tomate,*)—and eggs in a looking-glass, (*Oufs au miroir.*)

“But there are many of their dishes which are monstrous, and show a strong tendency to cannibalism. Great and little asps, (*Grand et petit aspique,*)—fowls done like lizards, (*Poulet en lézard,*)—hares like serpents, (*Lièvre en serpent,*)—and pigeons like toads or basilisks, (*Pigeon à la Crapaudine, en basilic,*)—are all favorite dishes; as are also a hash of huntsmen, (*Salmi de chasseurs,*)—a stew of good Christians, (*Compote de bons Chrétiens,*)—a mouthful of ladies, (*Bouchée de Dames,*)—thin Spanish women, (*Espagnoles maigres,*)—and four beggars on a plate, (*Quartre mendians.*)

“They like liver of veal (*Veau à l'étouffade,*) and pullets like ivory, (*Poulets à l'ivoire.*) Other dishes are, on the contrary, quite shadowy and unsubstantial; such as an embrace of a hare on the spit, (*Accolade de lièvre à la Broche,*)—partridges shoe-soles, (*Semelles de Perdrix,*)—the breath of a rose, (*Souffle de rose,*)—a whole jonquil, (*Une Jonquille entière.*)

“The French have a way of serving up their dishes, which is as extraordinary as the rest. What should we think of whittings in turbans, (*Merlans en turban,*)—smelts in dice boxes, (*Eperlans en cornets,*)—a skate buckled to capons, (*Raie bouclée aux câpres,*)—gooseberries in their shifts, and potatoes in their shirts, (*Groseilles et pommes de terre en chemise.*)

“Should we not think any cook very filthy who should send up cutlets in hair-papers, (*Cotillettes en papillotes,*)—truffles in ashes, (*Truffes à la cendre,*)—and squirted seed-cakes, (*Masse-pains seringues.*)

“The military dispositions of the French are discoverable even in their cookery. They have large and small bullets, (*Gros et petits boulets*,—carbonades innumerable, (*carbonades de mouton, etc.*)—syrup of grenades, (*Sirop de grenades*), and quails in laurels, (*Cailles aux lauriers*.)

“The French boast that their language is the clearest in the world. I should like to know what they mean by a skate fried raw! (*Raie frite à cru*), or big little peaches, (*Peches grosses-mignonnes*.”)

#### TABLE HABITS OF THE GERMANS.

We are indebted to C. L. Brace’s “Home Life in Germany,” published in 1853, for the following interesting account of the German meals among the middle classes of society :

“The breakfast is always merely a cup of coffee and bread cakes, partaken of at an early hour. After this slight meal, the gentlemen go to their business, and the ladies to their household work,—and I have been surprised to observe in the various families of my acquaintance, how much the ladies do of housekeeping work, and even of cooking.

“At eleven or twelve, those of the family who are at home, meet again for ‘lunch.’ This is a moderately substantial meal of cold meat, bread and butter, preserves and fruit, with some light wine like Burgundy or claret.

“Then at three o’clock comes the dinner, the great meal of the day, of course. With many of the business men, the same custom prevails as in our large cities and in England, of having the dinner at five or six o’clock, after the business of the day. But three or four o’clock is the more general hour. The meal commences, according to the world-wide custom, with soup; then succeed roast meat and vegetables, and then, perhaps, fish and various courses, to the number often of five or six, each course, however, being only a small dish,—and the remarkable thing about it all

being, that the fruits come in, in the middle of the courses, and the roast meats just before the end. The dessert, according to an English custom, and one which does not prevail in America, is bread with butter, or cheese. The wines do not seem to be as varied as in family dinners in England, being generally the light red wine, either of France or the Rhine, together with Teneriffe. The last dish is always a cup of strong black coffee. Of course, this arrangement of dinner differs somewhat in different families, and perhaps the order of courses is not strictly fixed; yet such may be considered a fair sample of a good *family dinner* in Hamburg.

“In some families we used to meet again at six for tea handed round without eatables,—a custom probably derived from the English. The evening follows, and is spent either over whist or in pleasant conversation, or at concerts; and, again, at nine or ten o'clock is a hearty cold supper, with meats and fruit and wine, finished on the gentlemen's part by cigars, which are smoked here apparently as freely in the parlor or dining-room as anywhere else.”

A dinner in Berlin he describes as follows :

“The dinner in Berlin is usually at one o'clock, except when company is invited, when it is delayed to three or four o'clock, after the business hours are over. Our dining-room here was a high, bare room, with walls and ceilings painted in pretty patterns, a tall white porcelain stove in one corner, and a sofa, together with a few plain articles by way of furniture. There was no carpet on the floor, and the room had, in general, a naked aspect. It was used mostly as a dancing-room.

“The table was very prettily set out; the dessert-fruit and flowers being in the centre, and a handsome show of Dresden China, and of graceful dishes surrounding them. One of the young ladies commenced at once by helping the soup, which was passed by the servant.



“After the soup, came the boiled beef, cut up into small pieces, and handed by the servant to each person. This is eaten without vegetables. This was succeeded by small bits of a roast chicken passed again to each, and eaten with pickles and preserves. The Bordeaux red wine was now passed, our host pouring first a few drops in his own glass, and then helping his right-hand guest. When he pours the last glass, it is the custom for him to empty the last drops also into his own glass. This wine is not stronger than claret, which it very much resembles. No lady in the company took wine. I observed that both gentlemen and ladies used finger and teeth on the chicken, in primitive fashion—a common habit of ordinary life in Germany.

“Our middle course was a pudding and sauce, after which came the great dish of roast-beef, the only meat carved by the host at the table, eaten with various vegetables.

“‘Is this quite different from your home dinners?’ said the lady at my side, in English.

“‘Oh, yes;’ I replied, and described our American meals.

“‘*So!* pudding last! how droll! But which think you the most healthy?’

“I thought the German diet, especially as her countrymen did not eat so much pastry, as we Americans; and despite the long meals, were not so hearty eaters.

“‘*Ach!* here comes the dish of dishes!—the—*pardon!* how call you it?’

“‘Salad!’ and each one set to work preparing his mixture, as for the especial dish of the day. Through the courses all ate very slowly, and conversation continued in the liveliest manner.

“Our last course was black unbolted rye bread and butter, with a little fruit and confectionery, and after some further chatting, the whole company went to the drawing-room for the coffee, and the gentlemen to smoke.

“‘How much more pleasant is this,’ said my companion as we

went out, 'as your English way to leave the gentlemen to drink and talk without ladies, as if you were ashamed.'

"'I think so, too;' I replied, 'we seldom do that in America. But how *can* you housekeepers bear this smoking in your parlors? I should think you would be obliged to smoke yourselves for defence.'

"'No? Why should we oppose it? Is it not better for them to be in habit to smoke with us, than without us? Beside, it never troubles me. I like it now. But do not think we smoke. No respectable lady smokes.'

"'I see Fraulein N— is making the coffee,' said I. 'Do you never leave it to servants?'

"'Oh, no,' she replied, 'it would never be so good. We always make it fresh on the table, for it must not long *kocken*— what is the word,—*boil*. It only drops very slowly through a— a—crossing of—'

"'Sieve,' I suggested.

"'Ja! a sieve and paper very thin. Here is your coffee. You must put no cream in it, but sugar much.'

"After our coffee, came various merry-makings till evening. Other friends called with presents and mementos to the *Frau Mutter*, (this party were gathered to celebrate the *silver wedding* of the parents,) good wishes were said, and pleasant speeches made, and at length, after a hearty supper at ten o'clock on broiled sturgeon and Bavarian beer, the company broke up with abundance of *Adieus* and *Empfehle michs*, and *good byes* for me."

*Old German Hospitality*.—"In deeds of hospitality and social feasts, no nation on earth was ever more liberal than the Germans. The manner in which they received their guests was familiar and kind. Every one that came to a house was treated with lodging and repasts, as long and liberally, as the owner could afford; and when his whole stock was consumed, he took his

guests to a new scene of hospitality, both proceeding to the next house, to which the formality of an invitation was unnecessary, and where they were received with the same frankness and joy. Upon the departure of a guest, if he asked for any thing, it was cheerfully given him."—LOGAN'S *Antiquities*.

In the famous "Lay of the Niebelungen," there is represented a feast which lasted twelve days and nights, at which *five thousand* guests, and *thirty-two* princes of the royal blood, were present.

#### SPANISH HOSPITALITY OF THE PRESENT DAY.

"I have spoken of the rarity of invitations to dinner, of which some travellers complain so bitterly. It is not the custom of the country to feed the hungry after that fashion; and whether it be a fault or a virtue, Madrid, in particular, is like the rest of the kingdom. Prodigal abundance forms no part of Spanish social economy. The *tertulias*, or evening receptions, which are so natural, so pleasant, and so free, that no one can enjoy them long without regarding them as one of the most charming fashions of social intercourse, are altogether without gastronomic embellishments. A little *orchata*, lemonade and cake, with perhaps a cup of tea, where foreign habits have been acquired, are all that a large company will desire, to help them, with music and conversation, through a long and agreeable evening. If cards are introduced, as they frequently are, it is not often that the game gets the better of prudence. The stomach is not considered in Spain, the seat of the social affections. If you are recommended to a family, the head of it calls on you at once without regard to formality or visiting hours. Instead of giving you to eat, which, as you are travelling on your own means, he naturally supposes you do not need, he gives you his company, his personal attention and guidance, which he knows are of more importance to you, and which you cannot buy."—S. T. WALLIS, *Glimpses in Spain*.

*The Olla Podrida of the Spaniards.*—"The veritable *olla* is difficult to be made; a tolerable one is never to be eaten out of Spain, since it requires many Spanish things to concoct it and with care; the cook must throw his whole soul into the pan, or rather pot; it may be made in one, but two are better. These must be of earthenware; put them on their separate stoves with water. Place into No. 1, *Garbanzos*, (chick peas,) which have been soaked over-night; add a good piece of beef, a chicken, a large piece of bacon; let it boil once and quickly; then let it simmer; it requires four or five hours to be well done. Meanwhile, place in No. 2, with water, whatever vegetables are to be had; lettuce, cabbage, a slice of gourd, of beef, carrots, beans, celery, endive, onions and garlic, long peppers. These must be previously well washed and cut, as if for a salad; then add red sausages, or "*chorizos*;" half a salted pig's face, which should have been soaked over-night. When all is sufficiently boiled, strain off the water and throw it away. Remember constantly to remove the scum of both sauce-pans. When all this is sufficiently dressed, take a large dish, lay in the bottom the vegetables, the beef in the centre, flanked by the bacon, chicken, and pig's face. The sausages should be arranged around *en couronne*; pour over some of the soup from No. 1, and serve hot.

"This is the *olla en grande*, such as Don Quixote says was eaten only by canons and presidents of colleges; like turtle-soup, it is so rich and satisfactory, that it is a dinner of itself. A worthy dignitary of Seville, in the good old times, told us that on feast days he used turkeys instead of chickens, and added two sharp Ronda apples, and three sweet potatoes of Malaga. In fact, any thing that is good in itself, is good for an *olla*, provided; as old Spanish books always conclude, that it contains nothing 'contrary to the holy mother church, to orthodoxy, and to good manners.'

"The word *olla* means at once a species of prepared food, and

the earthenware utensil in which it is dressed, just as our term *dish* is applicable to the platter, and to what is served on it. It is only well made in Andalusia, and there alone in careful, well-appointed houses; it is called *puchero* in the rest of Spain, where it is but a poor affair, made of dry beef, boiled with *garbanzos* or chick peas, and a few sausages.

“*Bacon* is much honored in Spain, and with good reason, for it has always been, and is, unequalled in flavor. The hams of Galicia and Catalonia are celebrated for their excellence; the *sweet* hams of the Alpujarras, a hamlet among the snowy mountains of Granada, are delicious; they are so called because scarcely any salt is used in the curing; the ham is placed in a weak pickle for eight days, and then is hung up in the snow.

“Most Spaniards have a knack at making *revueltas de huevos*, or omelettes. For a *pisto*, or neat omelette, take fresh eggs, which beat up well; chop up onions and whatever savory herbs you have with you, and small slices of any meat out of your hamper, cold turkey, ham, etc.; beat all up together and fry quickly.

“The *guisado*, or stew, like the olla, can only be well done in a Spanish pipkin. This dish is well done by every cook in every venta, only that they are apt to put in bad oil, and too much pepper, saffron, and garlic. Superintend it therefore yourself, and take hare, rabbits, partridge, or chicken, or whatever you may have foraged upon the road; cut it up, save the blood, the liver, and the giblets; do not wash the pieces, but dry them in a cloth; fry them with onions in a tea-cup of oil till browned; take an olla, put in these bits with the oil, equal portions of wine and water; add a bit of bacon, onions, garlic, salt, pepper, pimentos, a bunch of thyme, or herbs; let it simmer, carefully skimming it; half an hour before serving, add the giblets; when done, serve hot. The stew should be constantly stirred with a wooden spoon, and grease, the ruin of all cookery, carefully skimmed off as it rises to

the surface. When made with proper care, and with a good salad, it forms a supper for a cardinal.

“Another very excellent, but very difficult, dish is the *pollo con arroz*, or the chicken and rice. It is eaten in perfection in Valencia, and is therefore often called *Pollo Valencian*. Cut a good fowl into pieces, wipe them clean, but do not put them into water; take a sauce-pan, put in a wine-glass of fine oil, heat the oil well, put in a bit of bread; let it fry, stirring it about with a wooden spoon; when the bread is browned, take it out and throw it away; put in two cloves of garlic, taking care that it does not burn, as, if it does, it will become bitter; stir the garlic till it is fried; put in the chicken, keep stirring it about while it fries, then put in a little salt and stir again; whenever a sound of cracking is heard, stir again; when the chicken is well browned or gilded, which will take from five to ten minutes, *stirring constantly*, put in chopped onions, three or four chopped red or green chiles, and stir about; if once the contents catch the pan, the dish is spoiled; then add tomatoes divided into quarters, and parsley; take two teacupsful of rice, mix all well together; add *hot* stock enough to cover the whole over; let it boil *once*, and then set it aside to simmer until the rice becomes tender and done.

“The great art consists in having the rice turned out granulated and separate, not in a pudding state, which is sure to be the case if a cover be put over the dish, which condenses the steam.”—FORD’S *Spaniards and their Country*.

#### OLD ROMAN CUSTOMS.

*Courses at Dinner*.—The first course consisted of different kinds of meat; the second of fruits and sweetmeats. During the first course, a large platter containing a variety of meats was handed about, that each of the guests might take what he chose.

“Minerva’s farget” or “shield” was a dish of such an immense size, that it would hold an incredible variety of the rarest and nicest kinds of meat. In later times, in the first course were dishes to excite the appetite. They generally began an entertainment with eggs, and ended with fruit. Their dessert consisted of apples, pears, nuts, figs, olives, grapes, pistachio nuts, almonds, dried grapes, dates, mushrooms, the kernels of pine nuts, also sweetmeats, confectionery, cheese cakes, almond cakes, and tarts.

*Favorite Dishes.*—Peacocks became so fashionable at the Roman tables that they attained an enormous price, their eggs being sold for five denarii, nearly seventy-five cents each.

The guinea-hen, the nightingale, pheasant, kid, thrush, duck, crane, and goose, were all highly esteemed. The hedge-hog was so much valued that it was salted for preservation. The dormouse was eaten by them; and the Roman Gourmands were fond of the flavor of young and well-fed puppies. When Macænas himself entertained Augustus and Horace, the flesh of the young *asinus*, or common ass, was served up at his table. Sometimes a whole boar was stuffed with the flesh of other animals, and when thus cooked whole, it was considered a masterpiece of cookery.

The Romans were also fond of fish; the mullet, lamprey, sturgeon, pike, were in favor, but they especially liked shell-fish, oysters, and snails. The elder Pliny tells us that one man had studied the art of fattening snails with paste so successfully, that the shells of some of them would hold several quarts. “The mullet was reckoned stale, unless it died in the hand of the guest; and they had their glasses to put them into, that they might the better observe all the changes and motions of them in the last agony betwixt life and death; so that they fed their eyes, before their bodies *Look, how it reddens, says one; there is no vermilion like it; take notice how the gray brightens upon the head of it; and now it is at its last gasp; see how pale it turns, and all of a color.*”—Sen-

*eca.* The Romans had their brooks even in their parlors, where these fish were kept alive until wanted.

*Favorite Dishes of Roman Emperors.*—“The favorite dishes of the Emperor Heliogabulus, were tongues of peacocks and nightingales, and the brains of parrots and pheasants. He fed his dogs with the liver of geese, his horses with raisins, and his wild beasts with partridges and pheasants. It is recorded of him, that at one feast he had served up, in a single dish, the brains of six hundred ostriches.

“The Emperor Vitellius, who was a great glutton, always ate at enormous expense, though not always at his own cost, for he frequently invited himself to breakfast with one friend, dine with another, and sup with a third; and they generally entertained him in such a sumptuous manner, that a treat seldom cost less than ten thousand crowns. The most memorable supper made for him was that of his brother, on his first arrival in Rome, in which were two thousand dishes of fish, and seven thousand of fowls, every one different, and the most expensive that could be had. His own profuseness exceeded even this at the dedication of that famous dish, which, on account of its great capacity, he called *Minerva's target*, filling it with the sounds of mullets, the brains of pheasants and peacocks, the tongues of a scarce kind of birds called *phenicopterus*, and the spawn of sea-lampreys, brought from a great distance.”—GUTHRIE.

Bulwer has very happily illustrated the Roman manners at table in his “Last Days of Pompeii,” from which we extract a portion descriptive of Diomed's entertainment, and a scene with his cooks :

“It was the day for Diomed's banquet to the most select of his friends. Although it was at one time thought inelegant among the Romans to entertain less than *three* or more than *nine*



at their banquets, yet this rule was easily disregarded by the ostentatious: indeed, we are told in history, that one of the most splendid of the entertainers usually feasted a select party of *three hundred*.

“‘The more the merrier,’ says the proverb,—for my part, at a dinner, I have always found it the reverse!

“Diomed’s party consisted of eighteen,—no unfashionable number in the present day.

“He visited his kitchen, that sacred apartment, where the priests of the festival prepare their offering.

“‘Oh! oh!’ grumbled he to himself, ‘Congrio hath invited a whole legion of cooks to assist him. They won’t serve for nothing—and this is another item in the total of my day’s expenses.’

“‘Ho, Euclio,’ cried one of the strange cooks, ‘your egg-pan! What! is this the largest? it only holds thirty-three eggs; in the houses I usually serve, the smallest egg-pan holds fifty, if need be!’

“‘Who ever saw such antique sweetmeat shapes as these?’ cried a pert little culinary disciple, scarce in his novitiate; ‘it is impossible to do credit to one’s art with such rude materials. Why, Sallust’s commonest sweetmeat shape represents the whole siege of Troy, Hector, and Paris, and Helen,—with little Astyanax and the wooden horse into the bargain.’

“‘Silence, fool!’ said Congrio, the cook of the house; ‘my master, Diomed, is not one of those expensive good-for-naughts, who must have the last fashion, cost what it will.’

“Diomed at this, calls out Congrio, and in a great passion tells him ‘he hast cost him enough already to ruin Lucullus himself,’ and demands why he has filled his house with more cooks; he now charges him to see that the Phrygian *attagans* are not over-roasted, reminding him of a former feast when he so boldly undertook the becoming appearance of a Melian Crane. ‘Thou knowest it came up like a stone from Ætna,—as if all the fires of Phlege-

thou had been scorching out its juices. Be modest this time, Congrio, wary and modest. But, I say, Congrio,—you pert-tongued neophyte of the kitchen,—was there aught but insolence on his tongue, when he maligned the comeliness of my sweetmeat shapes? I would not be out of the fashion, Congrio.’

‘‘It is but the custom of us cooks,’’ replied Congrio, gravely, ‘to undervalue our tools in order to increase the effect of our art. The sweetmeat shape is a fair shape, and a lovely; but I would recommend my master, at the first occasion, to purchase some new ones, of a——.’

‘‘That will suffice,’’ exclaimed Diomed, ‘now resume thy charge,—shine—eclipse thyself—let men envy Diomed his cook,—let them style thee Congrio the Great! Go—yet stay,—thou hast not spent all the moneys I gave thee for the marketing?’

‘‘All!—alas! the *nightingales’* tongues,—the *oysters* from Britain, the *tomacula*, that rich delicate sausage, and sundry other things, are yet left unpaid for; but what matter—every one trusts the chief cook of Diomed the wealthy!’

‘‘O! unconscionable prodigal—what waste!—what profusion!—but go—taste!—perform!—surpass thyself.’

‘‘The festive board was composed of three tables; one at the centre and one at each wing. It was only at the outer side of these tables that the guests reclined; the inner space being left untenanted for the greater convenience of servants. In formal parties, the women sat in chairs, while the men reclined. The chair of lone was next to the couch of Glaucus.

‘‘The modern ornaments of *Epergne* or *Plateau* were supplied by images of the gods, wrought in bronze, ivory and silver. The sacred salt-cellar and the familiar *Lares*, were not forgotten. Over the table and seats, a rich canopy was suspended from the ceiling. At each corner of the table, were lofty candelabras, for though it was early noon, the room was darkened; while from

tripods placed in different parts of the room, distilled the odor of myrrh and frankincense.

“The custom of grace was invariably supplied by that of libations to the gods; this ceremony being performed, the slaves showered flowers upon the couches and the floor, and crowned each guest with rosy garlands, intermingling each with the ivy and the anethyst,—supposed preventives against the effect of wine: the wreaths of the women only were exempted from these leaves, for it was not the fashion for them to drink wine *in public*.

“It was then that Diomed thought it advisable to institute a director of the feast—an important office, sometimes chosen by lot, sometimes as now by the master of the entertainment.

“The appointment being made, the slaves now handed round basins of perfumed water, by which lavation the feast commenced. The slaves appeared bearing a tray covered with the first preparative initia of the feast.

“Amid delicious figs, fresh herbs strewed with snow anchovies, and eggs, were ranged small cups of diluted wine, sparingly mixed with honey. The conversation was interrupted for a moment by a flourish of flutes, and two slaves entered bearing an Ambracian kid. The slave, whose duty it was to carve, and who valued himself on his science, performed that office on the kid to the sound of music, his knife keeping time. The second course, consisting of a variety of fruits, pistachio nuts, sweetmeats, tarts, and confectionery, was now placed upon the table. The slaves in the interim were constantly kept upon the alert by the vigilant director of the feast, who chased one cup by another, with a celerity which seemed as if he were resolved to exhaust the capacious cellars of Diomed. The feast proceeded—the guests grew more talkative and noisy—when the slaves bore round water with myrrh and hyssop for the finishing lavation. At the same time a small circular table that had been placed in the space opposite the guests, suddenly, as if by magic, seemed to open in the centre, and cast

up a fragrant shower, sprinkling the table and the guests ; while, as it ceased, the awning above them was drawn aside, and the guests perceived that a rope had been stretched across the ceiling, and that a nimble dancer was now treading his airy measures over their heads."

During their feasts, the guests were entertained with music and dancing ; sometimes with pantomimes and play-acting, with fool and buffoons, and even with gladiators ; but the more sober had only persons to read or repeat select passages from a book.

Their highest pleasure at entertainments arose from agreeable conversation.

#### ARTICLES OF FOOD IN ITALY.

"You would be surprised at the articles of food that are exposed for sale in Italy, such as cock's combs, the claws of poultry, blood, and even the entrails of animals. Meat is sold here in bits as small as we distribute about the table ; the poorer classes scarce taste meat at all. Polenta (hasty pudding) is here a prime article of food. The bread they eat is of good quality, and often made luxurious by a spreading of *lard*. They have delicate preparations of milk resembling our curds, but much nicer, called *ricotta* and *giuncata*. Vegetables are very cheap, and the very poor almost live on the coarse kinds. Soup is their luxury ; soup by courtesy, but really the thinnest of broths. Wine holds the place to them that tea does to our working people.

"Chestnuts are bread here ; they are cheap, abundant, and very delicious ; much larger than ours, sweet and marrowy, and approaching the lusciousness of fruit. Their sweet odors, as they are roasting, perfume the streets. How poor must the people be to subsist on these things, when at a restaurateur's you can get a dinner for twenty-five cents, consisting of soup, three or four kinds of meat, a variety of vegetables, a pudding, and a dessert of fruit and nuts."—MISS SEDGWICK.

## GRECIAN CUSTOMS.

*Athenian Practices.*—There were three different kinds of feasts or entertainments among the Athenians; one was the marriage feast; of the other two, one was provided at the sole expense of one person, the other was made at the common expense of all present. Xenophon writes,—“It being generally the custom when they met together for every one to bring his own supper, Socrates observed that whilst some took such care of themselves as to have more than sufficient, others were compelled to be content with less. He, therefore, so ordered the matter, that the small portion of him who brought little should be offered about to all the company in such a manner, that no one could, civilly, refuse to partake of it; nor exempt himself from doing the like with what he brought; by which means a greater equality was preserved among them. There was also this further advantage arising from it: the expenses of the table were much abridged; for when they saw, that whatever delicacy they brought thither, the whole company would have their share of it, few chose to be at the cost to produce it; and thus luxury was in some degree put a stop to in these entertainments.”

The luxury, elegance, and costliness of the private Athenian entertainments are too well known to require notice here. Of some of the particular customs at table, however, we have such a pleasing illustration written by Mrs. Child, who had studied thoroughly the Grecian habits, that we shall add it, as presenting them in a more agreeable form than a dry detail of facts.

“The guests passed between the marble columns, and entered that part of the room where the banquet was prepared.

“Aspasia filled a golden basket with Athenian olives, Phœnician dates, and almonds of Naxos, and whispering a brief invocation, placed it on a small altar, before an ivory image, which stood in the midst of the table.

“Seats covered with crimson cloth, were arranged at the end

of the couches for the accommodation of women; but the men reclined in Asiatic fashion, while beautiful damsels sprinkled perfumes on their heads, and offered water for their hands in vases of silver."

At length, "Plato was chosen to preside over the festivities of the evening, and taking garlands from the golden urn, on which they were suspended, he proceeded to crown the guests. He first placed upon Aspasia's head, a wreath, among whose flowers the rose and myrtle were most conspicuous. To one he gave a coronal of violets, and upon another's head he placed a wreath of pure white lilies. When all were crowned, at a signal from Plato, slaves filled the goblets with wine, and he rose to propose the usual libation to the gods.

"Every Grecian guest joined in the ceremony

"After the guests had partaken of the most delicious viands, a female slave noiselessly brought a silver harp to Aspasia, and placed before her guests, citharas and lyres. Music burst upon the ear; the exhilarating notes stirred every Grecian heart. Some waved their garlands in triumph, while others kept time with branches of myrtle. At length, a troop of maidens, representing the Zephyrs and the Hours, glided in and out, between the marble columns, pelting each other with roses, as they flew through the mazes of the dance. Presently, the music, more measured and slow, announced the dance of Ariadne guiding her lover from the Labyrinth. Comic dances follow. When the guests depart, gifts are bestowed upon them, according to the munificent custom of the country."—

The Athenian cooks, many of whom came from Sicily, were highly skilled in their art, and had an innumerable variety of dishes. A Grecian poet represents one of the cooks boasting of the fine feast his master could have in his house, and makes him enumerate the various dishes he could furnish.

"There is scent of Syrian myrrh,  
 There is incense, there is spice  
 There are delicate cakes and loaves,  
*Cakes* of meal and polypi,  
*Tripe*, and fat, and *sausages*,  
*Soup*, and *beef*, and *figs*, and *peas*,  
*Garlic*, various kinds of tunnies,  
*Stisan*, *pulse*, and *toast*, and *muffins*.  
*Beans*, and various kind of vetches,  
*Honey*, *cheese*, and cheese-cakes too,  
 Wheat, and nuts, and barley-groats,  
 Roasted crabs, and mullets boiled,  
 Roasted cuttle-fish, boil'd *turbot*,  
*Frogs*, and perch and mussels too,  
 Sharks, and roach, and gudgeons too,  
 Fish from doves and cuckoos named,  
 Plaice and flounders, shrimps and rays.  
 Then beside these dainty fish  
 There is many another dish,—  
 Honey-combs and juicy grapes,  
 Figs and cheese-cakes, apples, pears,  
 Cornels and the red pomegranate,  
*Poppies*, creeping thyme, and parsley,  
 Peaches, olives, plums and raisins,  
 Leeks and onions, cabbages,  
 Strong smelling *asafetida*,  
 Fennel, eggs, and lentils cool,  
 And *well-roasted grasshoppers*,  
 Cardamums and sesame,  
 Ceryces, salt, and limpets firm,  
 The pinna, and the oyster bright,  
 The periwinkle and the whelk ;  
 And besides this, a crowd of birds,  
 Doves and ducks, and geese and sparrows,  
 Thrushes, larks, and jays and swans,  
 The pelican, the crane and stork,  
 Wag-tails and ousels, tits and finches ;  
 And to wash all these dainties down  
 There's wine, both native and imported,  
 White and red, and sweet and acid,  
 Still or effervescent."

*The Public Meals of Sparta.*—"Lycurgus, in his endeavors

to banish effeminacy and luxury, and the love of riches from Sparta, made a regulation to suppress the magnificence and extravagance of private tables, and ordained that all the citizens should eat together of the same common victuals, which were prescribed by law, and expressly forbade all private eating at their own houses.

“The tables consisted of about fifteen persons each; where none could be admitted without the consent of the whole company. Each person furnished every month a bushel of flour, eight measures of wine, five pounds of cheese, two and a half pounds of figs, and a small sum of money for preparing and cooking the food. Every one, without exception of persons, was obliged to be at the common meal; and a long time after the making of these regulations, king Agis, on his return from a glorious expedition, having taken the liberty to dispense with the law in order to eat with his wife, was reprimanded and punished.

“The very children were present at these public tables, and were carried thither as to a school of wisdom and temperance. Here they would hear grave discourses upon government, or often the conversation was enlivened with ingenious and sprightly raillery, but never mixed with anything vulgar or disgusting, and if their jesting seemed to make any person uneasy, they never proceeded any further. Here their children were also trained to secrecy; as soon as a young man entered the dining-room, the oldest person of the company present said, pointing to the door, *‘Nothing spoken here, must ever go out there.’*

“The most exquisite of all their dishes was the *black broth*, and the old men preferred it to every thing that was set upon the table. Dionysius the tyrant, when he was at one of these meals, was not of the same opinion; and what was a ragout to them, was to him very insipid:—‘I do not wonder at it,’ said the cook, ‘for the seasoning is wanting.’ ‘What seasoning?’ replied the tyrant. ‘Running, sweating, fatigue, hunger, and



thirst; these are the ingredients,' says the cook, 'with which we season all our food.'"—ROLLIN.

#### A RUSSIAN DINNER.

A dinner party in Russia is much like ours, except that all the dishes are handed round; which they deem more pleasant than the stiff formality of the joints being placed on the table. The lady and gentleman of the house are then at leisure to enter into conversation with the guests, and can attend to the minor politenesses requisite. A correspondent of the London Times gives us the following particulars respecting some peculiar Russian dishes:

“At a restaurant in Moscow, you will first be presented with a huge bowl of cabbage soup, a kind of *pot-au-feu*, which must be eaten, however, with several odd adjuncts, such as cakes stuffed with chopped vegetables, a dish of *guelots*, chopped fat, fried brown and crisp; and, lastly, a large ewer of sour milk. Then comes a *vol-au-vent* of fowl and toad-stools. Next, if you are alive, a boiled sucking pig, with tart sauce, then a very nasty little fish, much prized in Moscow, and called *sterlit*; a fid of roast beef and a dish of birds about the size of pigeons, called *guillemots*; a compote of fruit closes the meal. I have forgotten to say how it begins. Before dinner a tray is laid out with caviare, raw salt herrings, raw ham and sardines, bottles of brandy, *rodka*, anisette, and *doppel kummel*, a sweet spirit with a flavor of mint. It is *de rigueur* to eat some of this; and as the caviare is generally good, it is the best part of the dinner.

“Bears' flesh, reindeer and elk are sometimes offered for sale in the markets of St. Petersburg. The geese are cut up, and the heads, necks, legs and carcasses sold separately by the dozen, or half dozen, strung upon small cords. Those who cannot afford to dine on the breast of a goose, purchase a string of frozen heads, or a few dozen of webbed-feet, to boil down into soup.—To have a *sterlit* (the imperial fish of Russia) is the desire of every Rus-

sian Amphitryon '*où l'on dine.*' Sometimes the sterlit does not cost more than a turbot in England—a guinea or two—but in the season the price rises according to demand and the state of the market, and 'as much as fifty guineas have been given for one.' After that, our small extravagance of peas at two guineas quart sinks to shabbiness. It must only be on extraordinary occasions when sterlits are thus purchased, for very peculiar arrangements subsist between a cook and his master; thus described by a lady who has spent six years in Russia:

"The cook, who among the Russians of any pretension is always a man, caters; all the year round he is allowed the same amount per head daily, for fish, flesh, fowl and vegetables; he therefore provides what he likes every day, serving fish, soup, fowl or game, and flesh, two or three kinds of vegetables, and a dish—sometimes two—of sweets, fasts of course excepted. The German maid is served from the family table, but the other servants have their own dishes, their *schée* and black bread, and the raw herrings, and so forth, at noon, and their fragrant Mocha at four o'clock. The cook is at liberty to do what he pleases with the remains of the daily fare; he may sell it either hot or cold, which he generally manages to do, to the neighboring *tractir*, or coffee-shop, or to some of the people in the attics; this is a system here. The Emperor contracts with his cooks, paying so much per head for dinner; the Grand-Duchess Marie the same. I dined one day with a lady from the interior, who, during her temporary residence in the capital, took an "appartement" near the Leuchtenberg Palace, and our dinner of several courses was supplied by the cook of the Grand Duchess. On ordinary occasions, this lady and her companion dined very bountifully every day, after this fashion, at three shillings each.'

"Do not let us be too ready to smile at this as a barbarous custom. True indeed is the saying of Boileau, that '*un diner rechauffé ne vaut jamais rien*;' but the fashion came from the

royal tables of the old *régime* of France, and was not despised in England when that *magnus Apollo* of cooks, the immortal Careme, used to sell the succulent *patés* that came untouched from the Regent's table."

## SWEDISH DISHES.

"Some of the purely national dishes of Sweden, as *lut-fisk* on Christmas Eve, are most extraordinary things; *lut-fisk* being the stock fish steeped in a solution of potash, until decomposition takes place. On Christmas Eve this thing is boiled and eaten with oil sauce; and this, together with *grot*, which is simply boiled rice, form the Christmas dishes of Sweden. The smell of the *lut-fisk* is terrific; but a true Swede clings to his national dish as much as any beef-eating Englishman to his.

In Sweden, roast reindeer steaks and game are considered nutritious, well-flavored, and easy of digestion; the flesh is first perforated, and little bits of lard inserted; and after being baked in an oven it is served in a quantity of white sauce."—Miss BUXBURY'S *Northern Europe*.

## DINNERS IN TURKEY.

"The dishes are very diversified and numerous, consisting usually of twelve or fifteen, and sometimes even of thirty courses, sweet and meat dishes being introduced in alternate succession; the meal commencing with soup and ending with *pilaf*—a preparation of rice. They have a species of pastry which is remarkably light and delicious, and the Turkish blanc-mange, *mohalleby*, is much liked even by Europeans. Fruit is frequently partaken of during a repast. The order in which dinner is served is as follows:—soup, rebab or roast meat in small pieces, entremet or vegetables and meat cooked together, pastry, roast fish, entremet, *mohalleby*, entremet, maccaroni, fowls, jelly, &c., until at last it

winds up with the significative pilaf and sherbet. No wine or liquor is served at table.

They use neither chairs nor tables, but a low stool being put in the middle of the room, a large circular copper tray is placed upon it. No such paraphernalia as cloths, napkins, knives, and forks, plates, glasses, &c., are essential; one long, narrow napkin is provided, which goes all around the tray and lies upon the floor, each person slipping under it as he sits down. Small loaves of bread, alternately with small dishes of fruit, pickles, anchovies, cheese, &c., are indiscriminately scattered around the edge of the tray, in the middle of which the different preparations of food are successively placed by the servant, and the food is eaten *by the fingers*,—excepting the soup, for which wooden spoons are provided. Around the tray the company sit with their legs under them, and all eating from the dish in the middle.

The *mode of eating* in Turkey is generally conducted with great decorum. The master of the house commences first, and the guests or other members of the family follow his example. The dishes are generally dressed so as to give no one any inconvenience in eating without knife and fork.

At an ordinary reception of a visitor in Turkey, after the usual formal salutations are passed, he is first offered a chibouk, after which sweetmeats are served upon a silver tray, with goblets of water and then coffee. This beverage is served in small porcelain cups in stands of silver or gold to secure the hand from burning.—OSCANYON.

#### DINNER AMONG THE CIRCASSIANS.

In Circassia, when a stranger arrives, mattresses and coverlets are immediately spread upon the floor, and a cheerful fire is lighted under an enormous chimney. *Dinner* is brought in upon a round table eighteen inches above the ground, upon which a whole sheep is deposited in a complete state of dissection. In the

centre is a sort of thick porridge made of millet seed, and a wooden bowl containing a red-looking sauce. A bowl of soup follows the mutton, which you take with wooden ladles. Vegetables, plates, knives, forks, salt or chairs, are luxuries yet unknown.

#### THE SHAH OF PERSIA AT DINNER.

“The only persons, besides servants, admitted into the saloon, where the Shah dined, were the three princes, his sons, who had accompanied him; and they stood at the farthest end, with their backs against the wall, attired in dresses of ceremony.

“Mirza Ahmek, his chief physician and *host*, remained in attendance without. A cloth of the finest Cashmerian shawl, fringed with gold, was then spread on the carpet before the king, and a gold ewer and basin was presented for washing hands. The dinner was then brought in trays, which, as a precaution against poison, had been sealed with the signet of the head steward before they left the kitchen, and were broken open by him again in the presence of the Shah.

“Here were displayed all the refinements of cookery:

“Rice, in various shapes, smoked upon the board; first, the *chilari*, as white as snow; then the *pilau*, with a piece of boiled lamb, smothered in the rice; then another pilau with a baked fowl in it; a fourth, *colored with saffron*, mixed up with dried peas; and at length, the king of Persia dishes, the *narinj pilau*, made with slips of orange peel, spices of all sorts, almonds and sugar.

“Salmon and herring, from the Caspian Sea, were seen among the dishes; and trout from the river Zengi; then in china basins and bowls of different sizes were the ragouts, which consisted of hash, made of a fowl boiled to rags, stewed with rice, sweet herbs and onions; a stew, in which was a lamb's marrow bone, with some loose flesh about it, and boiled in its own juice; small gourds, crammed with force-meat, and done in butter; a fowl,

stewed to rags, with a brown sauce of prunes ; a large omelette, about two inches thick ; a cup full of the essence of meat, mixed with rags of lamb, almonds, prunes and tamarinds, which was poured upon the top of the chilau ; a plate of poached eggs, fried in butter and sugar, and a stew of venison. After these came the roasts.

“A lamb was served up hot from the spit, the tail of which was curled up over its back. Partridges, and what is looked upon as the rarest delicacy in Persia, two partridges of the valley, were procured for the occasion. Pheasants from Mazanderan were there also, as well as some of the choicest bits of the wild ass and antelope.

“The display and the abundance of delicacies surprised every one ; and they were piled up in such profusion around the king, that he seemed almost to form a part of the heap. I do not mention the innumerable little accessories of preserves, pickles, cheese, butter, onions, celery, salt, pepper, sweets and sour, which were to be found in different parts of the tray, for that would be tedious ;—but the *sherbets* were worthy of notice, from their peculiar delicacy ; these were contained in immense bowls of the most costly china, and drank by the help of spoons of the most exquisite workmanship, made of the pear-tree. They consisted of the common lemonade, made with superior art,—of the *sekenjebîn*, or vinegar, sugar and water, so mixed that the sour and the sweet were as equally balanced as the blessings and miseries of life,—the sherbet of sugar and water, with rose-water to give it a perfume, and sweet seeds to increase its flavor,—and that made of the pomegranate ;—all highly cooled by lumps of floating ice.

“The king, then doubling himself down, with his head reclining towards his food, buried his hand in the pilau and other dishes before him, and ate in silence, while the princes and servants remained immovable. When he had finished, he got up,

and walked into an adjoining room, where he washed his hands, drank his coffee, and smoked his water-pipe.

“In the course of eating, he ordered one of the pilaus, of which he had partaken, to be carried to his host, by a servant in waiting. As this is considered a mark of peculiar honor, the Mirza was obliged to give a present in money to the bearer.

“The princes then sat down; and when they had eaten they rose, and the dishes were served up in another room, where the noble of the nobles, the Court Poet, the master of the horse, and others were seated, and who continued the feast which the king and his sons had begun. After this, the dinner was taken in succession to the different servants, until the dishes were cleared by the tent-pitchers and scullions.”—MORIER.

#### ARAB DISHES.

“The dishes of the Arabs comprise, for the most part, stewed meats with onions, cut up fine, and some other vegetables. A favorite way of cooking lamb or mutton is, to cut it in small bits, and roast them on skewers. They sometimes cook a whole sheep, lamb, or kid, stuffing it with onions, garlic, pistachio nuts, etc. No instrument of iron or steel is allowed to touch it after it is placed upon the table, but it is separated by the right hand of the master of the feast, assisted sometimes by one or more of his guests.

“The Arabs seldom or never touch their food with their left hand, and when a fowl or turkey is to be separated, it is frequently performed by the right hands of two persons sitting near together, though some of them are so expert in this mode of *carving*, as to dissect a fowl very handsomely with the right hand alone.

“Should the master of the house select any particularly nice bit of meat, and offer it to a guest, it is considered a great mark of civility, and should be received in one’s mouth from his fingers.”

The hospitality of the Arabs is proverbial, and the "*eating of bread*" with a stranger is a pledge for his safety and friendship.

Rice enters largely into the diet of the Orientals, and fruits, as dates, figs, form an important article of their living.

#### PARSEE CUSTOMS.

Madame Pfeiffer's account of a visit in BOMBAY at the house of a *Parsee* or *Fire-worshipper*.

"I remained during their meal-time, a liberty which no orthodox *Parsee* could have afforded to me. I was not allowed, however, to join them at table. It was first laid for me and I ate alone. Several dishes were placed before me which were prepared in the European manner.

"When I had appeased my appetite, the table was carefully brushed, as if I had been infected with the plague. Flat cakes of bread were then brought and laid upon the uncovered table, instead of plates, and six or seven of the same dishes which had been served to me. The members of the family each washed their hands and faces, and the father said a short grace.

"They all reached their right hand into the different dishes. They tore the flesh from the bones, separated the fish into pieces, and then dipped the pieces into the various soups and sauces, and threw them with such dexterity into the mouth that they did not touch their lips with their fingers. Whoever accidentally does, must rise and wash his hands again."

#### A HINDOO MEAL.

The favorite food of the Hindoo is rice and curry, which is prepared in the following manner:

"A quantity of rice is boiled in an earthen vessel. In another vessel of smaller dimensions, a chicken, fish or piece of mutton, is cooked in *ghee*, to which are added from two to five spoonsful of a powder composed of the following ingredients:



ginger, saffron, cummin, coriander, aniseed, red pepper, tamarind, tumeric, garlic, made a liquid in cocoa-nut milk; the amount of the ingredients depending upon the taste of the person. The meal being prepared, a small quantity is placed before the idol to propitiate it. On the floor of an inferior room a brass plate, or a large leaf is placed; a quantity of the boiled rice is then piled upon it, and above it the before mentioned fragrant and delicious *curry*. After washing his hands, and making a short prayer, the Hindoo mixes the ingredients with his right hand into a small ball, and tosses it dexterously into his mouth; lest any portion fall upon the plate, and defile the remaining mass. Saliva is considered an impure secretion.

“A Hindoo woman never sits down to eat with her husband; she and her daughters sit patiently by, and then regale themselves upon what is left.”

No genuine Hindoo will eat with a person of a different caste, and he will turn away with disgust if invited to a feast with a European.

#### SIAMESE CUSTOMS.

Mr. Ruschenberger, the surgeon to the American expedition to Siam, in describing a state feast given to the officers, states “that the dinner was remarkable for the variety and exquisite flavor of the curries. Among them was one, consisting of *ants' eggs*, a costly and much esteemed luxury of Siam. They are not larger than grains of sand, and to a palate unaccustomed to them, are not particularly savory! They are almost tasteless. Besides being curried, they are brought to the table rolled in green leaves, mingled with shreds or very fine slices of fat pork. Here was seen an ever to be remembered luxury of the East.”

“When the Siamese would have no more tea, they turn the cups down on the saucer, because it is the greatest incivility in them to refuse any thing, and if they left the cups standing, they would be served with more tea, which they are obliged to receive.

“The Siamese are skilled in making conserves of rose-leaf and lime blossoms, and in preparing the candied lime and citron. They equal the Chinese in making preserved and candied ginger.”  
—NEAL'S *Residence in Siam*.

#### A BURMESE DAINTY.

The author of *A Mission to Ava*, says :

“The most notable viand produced consisted of *fried locusts*. These were brought in hot, in successive saucers, and I was not sorry to have the opportunity of tasting a dish so famous. They were by no means bad—much like what we might suppose fried shrimps to be. The inside is removed and the cavity stuffed with a little spiced meat.”

#### CHINESE DISHES.

“The first dish was a species of soup called by the natives *chou-chou*; it was a composition of pork, fowls, yams, sweet potatoes, ducks, fish, onions, garlic, mint, pepper, salt, and cloves. These were boiled down to a perfect mush; then more water and a small piece of *bird's nest* were added, till the whole resembled, in substance and color, very rich turtle soup. This singular mixture was highly approved by our party, and having once eaten it, I should be glad to have such another mess again any day in the week. After this soup, we had some plain boiled rice, with mango pickles, and *balichung*.

“This latter was quite delicious, but imagine my horror some few days after, on learning that *balichung* was putrefied brawns, which are in this state dried in an oven, and then beat up in a mortar with onions, garlic, spices, and a little salt; this is then placed in a jar, and hot vinegar poured over it. Being left a sufficient time to allow the vinegar to penetrate and thoroughly saturate the fish, the jar is hermetically closed, and set aside for a couple of months, or longer.

“The last dish consisted of some roast ducks done to a nicety.”

—NEAL.

“On the sea-coast of the kingdom of China, a sort of small, parti-colored birds, of the shape of swallows, at a certain season of the year, viz., their breeding time, come out of the midland country to the rocks, and from the foam or froth of the sea-water dashing and breaking against the bottom of the rocks, gather a certain clammy, glutinous matter, of which they build their nests. These *nests*, the Chinese pluck from the rocks, and bring in great numbers to the East Indies to sell; which are esteemed by gluttons as great delicacies, who, dissolving them in chicken or mutton broth, are very fond of them, preferring them far before oysters, mushrooms, or other dainty morsels which most gratify the appetite. These nests are of a hemispherical figure, of the size of a goose’s egg, and of a substance resembling isinglass.”

—WILLOUGHBY.

“There is a marine delicacy of the Chinese which must not pass unnoticed; it is a kind of sea-slug fished for on the coral reefs of the Eastern seas, and known under the name of *Bêche-de-Mer*.

“In the process of curing, it is first boiled, then opened down the back, and lastly smoked. When dried, it is an ugly-looking dirty-brown substance, very hard and rigid until softened by water, and a very lengthened process of cooking, after which it becomes soft and mucilaginous. It is rendered into a sort of thick soup, which is considered by the Chinese one of the greatest of luxuries.”

A traveller says of a stew of sea-slugs:

“They are slippery, and very difficult to be handled by inexperienced chopsticks; but they are most succulent and pleasant food, not unlike in flavor to the green fat of a turtle.”

Another traveller, author of “*Life in China*,” describes a very peculiar dish:—“When our party of six had seated them-

selves at the centre table, my attention was attracted by a *covercd* dish,—something unusual at a Chinese meal. On a certain signal, the cover was removed, and presently the face of the whole table was covered with juvenile *crabs*, which made their exodus from the dish with all possible rapidity. The crablets had been thrown into a plate of vinegar, just as the company sat down,—such an immersion making them more brisk and lively than usual. But the sprightly sport of the infant crabs was soon checked, by each guest seizing which he could, dashing it into his mouth, crushing it between his teeth, and swallowing the whole morsel, without ceremony. Determined to do as the Chinese did, I tried this novelty also with one—with two. I succeeded, finding the shell soft and gelatinous, for they were tiny creatures, not more than a day or two old.”

In China, rat soup is considered equal to ox-tail soup; the *dog* is fattened for the table, and the flesh of dogs is as much liked by them as mutton is by us.

In the eating-houses, rats, bats, snails, and bad eggs, are eaten, and the fins and tails of the shark are said to be very much relished in soups.

“A collection of Chinese food has just been forwarded to England from Shanghai. The wines are made principally of rice, and perfumed with flowers like those used in scenting the teas. Specimens of various sorts of tea are sent, and of the flowers employed for scenting. There are three kinds of sea-weed, not unlike the Carrageen moss. The animal substances are fish maws, trespang or sea-cucumbers, beche-de-mer, and shark’s fins. Nothing in the form of either kittens or puppies has been found; only some antelopes’ legs ready for making soup. Fourteen varieties of cake show the style of light confectionery among the Chinese. The preserved fruits and vegetables are numerous, and there is a variety of tobacco; some specimens marked “mild” for women. There are also seeds, dried fruits, and preparations

from the bamboo, with condiments of various kinds, and a specimen of arrowroot from the roots of the water lily. It is a very interesting addition to the Food Museum."

The Chinese cook discards spices, but uses plenty of oils and fats. He is highly skilled in the culinary art; a late traveller assigns to him here a middle position,—below the French, and above the English.

Although many strange articles of food are eaten by the Chinese, they are generally prepared in such a way as to render them palatable to unprejudiced persons.

#### JAPANESE CUSTOMS AND ENTERTAINMENTS.

In their private houses the Japanese have no tables, but use instead small lacquered stands, of about a foot in height. These are in use because of the universal practice of the people to crouch down in a sitting posture; therefore they have but little occasion for chairs or seats. One of these stands is placed before each person at meals, and he takes his tea, sips his sakee, or eats his soup from it as he crouches on the floor. The household utensils are few and simple, consisting of a supply of wooden chop-sticks, an occasional earthen spoon, a few china bowls, some lacquered cups, and the tea-kettle. This kettle is of earthenware or of bronze, and sometimes, but rarely, of silver, and is always kept boiling over the charcoal fire which burns in the centre of the apartment, where square holes, lined with tiles and filled with sand, are made for the purpose. The *tea* is in universal use, and, as in China, is infused in each cup as it is wanted, and drank without sugar. The sakee is also drank generally, and when a guest arrives he is expected to take either tea or sakee, or both.

Their chief meal consists mainly of three dishes: hot stewed fish of the consistence of thick soup, cold fish garnished with grated radish, and an odd compound composed of fish, shrimps,

dried sea-weed, and hard-boiled eggs. These are served in covered bowls, and always accompanied by two cups, one containing soy to season each dish, the other, the never-to-be-omitted sakee. On one occasion Commodore Perry partook of refreshments at the house of the mayor of one of the towns. He was hospitably entertained with tea, cakes, confectionery, sakee, and a kind of hot waffle, made of rice flour. The mayor himself waited upon him, assisted by his wife and sister, who remained on their knees, (as is customary when among strangers,) yet moved about very actively with the silver sakee kettle, to replenish the cups.

“At a morning call in Japan, after bowing in their peculiar manner, pipes and tea are brought in; then confectionery or other dainties are served on a piece of white paper. What the visitor does not eat he carefully folds up in the paper and deposits in his pocket or sleeve. This practice of carrying away what is not eaten is so invariable a rule of Japanese good breeding, that at grand dinners the guests are expected to bring servants with baskets to receive the remnants of the feast.”

“At a Japanese *banquet*, the dishes are tricked out with gold leaf, and upon very grand occasions the bills, legs, and claws of the birds served up, are also gilt. The viands consist of every kind of vegetable, sea-weed not excepted; of game, poultry, and fish. There are usually seven or eight courses, and while they are changing, the master of the house walks round, drinking *sakee* with his guests. Each guest is served with a portion of every dish in a small bowl. Another bowl is placed by the side of it, and kept constantly replenished with rice, while the sauces and other condiments, as soy, salted ginger, salted fish, etc., are handed round by servants. The chief object in giving these entertainments, is said to be less the assembling of a cheerful party than to exhibit the abundance, variety, and richness of the china and lacquered ware possessed by the master of the feast, to whom and to his wife, no compliment is so agreeable as admiration of the

table service, accompanied by inquiries concerning the cost of the various articles. On grand occasions they make a great display of splendid lacquered bowls, silken napkins, etc."

#### ABYSSINIAN DINNER.

Major Harris gives us the following account of a dinner given on Easter day in the royal palace of the King of Shoa, in Abyssinia, to which the British embassy received special invitation :

"Tents had been erected in the court yard, and a separate repast provided for the foreign guests. Countless crowds filled every inclosure; and long files of slaves with jars, baskets, and trenchers, hurrying to and from the kitchens and magazines, proclaimed the extensive nature of the preparations for the royal entertainment.

"At length the doors of the great hall were thrown open, and a burst of wild music from the royal band, ushered in the company to a spacious barn-like apartment, the dingy aspect of which formed a striking contrast to the galaxy of light that illumines regal hospitality in Europe. Holding high festival to all the adult population of the metropolis, the king reclined in state within a raised alcove, furnished with the wonted velvet cushions, and loaded with silver ornaments. Bull hides carpeted the floor, and the lofty walls were hung throughout with a profusion of emblazoned shields, from each of which depended a velvet scarf or cloak of every color of the rainbow.

"A low horse-shoe table of wicker-work extended the entire length of the hall. Thin unleavened cakes of *sour teff*, heaped one upon another, served as platters. Mountains of wheaten bread, piled in close contiguity and strewed with fragments of stewed fowls, towered two or three feet above the surface of the groaning board. Bowls containing a decoction of red pepper, onions, and grease, were flanked by long-necked decanters of old mead, and at short intervals stood groups of slaves carrying bas-

kets crammed with reeking collops of *raw flesh*, just severed from the newly slain carcass.

“Taking their seats in treble rows upon the ground, the crowded guests were each provided with his own knife, fashioned like a reaping hook, and serving him equally in the battle-field and at the banquet. Four hundred voracious appetites were constantly ministered to by fresh arrivals of quivering flesh from the court-yard, where oxen in quick succession were thrown down and slaughtered. Barillés and capacious horns filled with *hydromel* of intoxicating age, were rapidly drained and replenished; and strings of eunuchs with the females pertaining to the royal kitchen, passed and repassed continually, with interminable supplies of bread to rebuild the demolished fabric, on the uprising of each satiated group. The royal band occupied the space vacant in the centre between the tables:—harpers and fiddlers played, danced, and sung with untiring perseverance; and ever and anon, one of the king’s female choristers lifted up her shrill voice with extravagant panegyrics on the hospitality of her master, and unqualified eulogy on the liberality of his British guests.

“The carousal continued until dark, by which time the bones of three hundred and fifty steers had been picked, countless measures of wheat had been consumed, and so many hogsheads of old hydromel had been drained to the dregs, that saving the royal and munificent host, scarcely one sober individual, whether noble or plebeian, was anywhere to be seen.”

In ordinary life these people take two meals in a day—at noon and at sunset. The doors are scrupulously barred to exclude the evil eye, and a fire is lighted, before the Amhara will venture to appease his hunger;—a superstition existing that without this precaution devils would enter in the dark, and there would be no blessing on the meat. Mastication is accompanied



by a loud smacking of the lips—an indispensable sign of good breeding! which is said to be neglected by none but mendicants, “who eat as if they were ashamed of it.”

*Raw flesh* forms the great aliment of life; and a sovereign contempt is entertained toward all who have recourse to a culinary process.

“Do all of your nation thus *burn* their meat?” inquired an Abyssinian woman, after attentively watching the process of cooking. “I was told that such was the case, but could never have believed it.”

#### NATIVE COOKING AND EATING IN THE PACIFIC ISLANDS.

“A large hole is dug in the ground, fire is placed at the bottom, and covered with small pieces of wood, upon which, when well ignited, stones are heaped. When the whole becomes heated, green leaves are placed upon them, and then the articles to be cooked, such as pigs, mutton, dogs, &c., with all kinds of vegetables. These are then covered with leaves and heated stones, with leaves again and grass, and finally earth is thrown over the whole mass, so as not to allow any of the heat or steam to escape. When thus cooked, the meats preserve all their juices, and the flavor is said to be superior to any thing of the kind cooked in any other way.”

The *Pacific Islanders*, until the introduction of Christianity amongst them, ate no fish, flesh, or fowl, without suspicion or alarm, regarding them as incarnations of their gods. “One, for instance, saw his god in the eel, another in the shark, another in the turtle, another in the dog, another in the owl, another in the lizard; and so on throughout the fish of the sea, four-footed beasts and creeping things. In some of the shell-fish, even, gods were supposed to be present. A man would eat freely of what was regarded as the incarnation of the god of another man, but the incarnation of his own particular god, he would consider it

death to injure or eat.—The god was supposed to avenge the insult by taking up his abode in that person's body, and causing it to generate disease."

"The Maldivians eat alone. They retire into the most hidden parts of their houses, and draw down the cloths that serve as blinds to their windows that they may eat unobserved. The reason for this is, that they will never eat with any one who is inferior to them in birth, riches, or dignity:—and as it is a difficult matter to settle their equality, they are condemned to lead this unsocial life."

"It is the custom among the Otaheitans for the members of each family to separate at the hour of repast, two brothers, two sisters, and even husband and wife, father and mother, have each their respective baskets; they turn their backs, and take their meal in profound silence."

#### FOOD OF THE ARCTIC REGIONS.

"The choicest dish of the Greenlander is the flesh of the reindeer; but as these animals have now become extremely scarce, they are indebted to the sea for their permanent sustenance.

"The head and fins of the seal are preserved under the grass in summer, and in winter a whole seal is frequently buried in the snow. The flesh, half frozen, half putrid, is eaten with the keenest relish. They set a great value on what they find in the reindeer's maw, making it into a dish which they call the 'eatable,' and send presents of it to their friends."

At a banquet to which a traveller was invited with several respectable Greenlanders, the following dishes made their appearance:—Dried herrings; dried seal's flesh; the same boiled; half raw or putrid seal's flesh called mikiak; boiled auks; part of a whale's tail in a half putrid state, which was considered a principal dish; dried salmon; dried reindeer venison; preserves of

crow-berries mixed with the chyle from the maw of the reindeer; and lastly the same enriched with train-oil.

At another repast, we are told that "next came a portion of whale's flesh, or rather whale's skin. This was perfectly ebony in hue: it was cut and re-cut, crosswise, into diminutive cubes. Venturing upon one of these we were agreeable surprised to find it possessing a cocoa-nut flavor, like which it also cut 'very short;' and we had consumed a number of these cubes, and with great relish too, before we recovered from our wonder."

Dr. Kane says, "Our journeys have taught us the wisdom of the Esquimaux appetite. The liver of a walrus, eaten with little slices of his fat, is a delicious morsel. Fire would ruin the curt, pithy expression of vitality which belongs to its uncooked juices. With acids and condiments, it makes a salad which an educated palate cannot help relishing, and as a powerful and condensed *heat-making* food, it has no rival. I make this last broad assertion, after carefully testing its truth."

Many animals and insects are used as food in different parts of the earth, of which the mere mention is enough to create disgust and abhorrence. The flesh of the sloth, lizard, alligator, snake, monkey, and kangaroo, are eaten in South America; the grasshopper is roasted and eaten by the North American Indian, and the eggs of various insects are prepared and eaten by other savages. The ancients ate the locust, and in Arabia, Persia, Africa, and Syria, it is still an article of food.

The eating of human flesh is so revolting to all the tastes and instincts of civilized society, that it was for a long time considered as having had no existence except in times of the most straitened famine, or in exhibitions of demoniac revenge. The Anthropophagi were regarded as fabulous as the Centaurs. The discoveries of modern navigators and travellers have, however, changed this opinion. Famine or revenge undoubtedly first induced

men to such horrid food, but the evidence is overwhelming that what was begun in madness, was continued afterward as a pleasure. The bodies of the victims sacrificed by the Mexicans before the Spanish Conquest were eagerly devoured. The inhabitants of the Pacific Isles, regarded "man's meat" as so delicious, that they sometimes sent small pieces of it, well roasted, and wrapped in leaves, to their distant friends as presents of love. Southey, in his history of Brazil, relates the following story. Soon after the conquest of that country by the Portuguese, a Jesuit converted (as he supposed) an aged native woman to the religion of the cross. He baptized her, catechized and instructed her; at last she sickened, and was at the point of death, and the good man inquired what he could do to help her. "Mother," said he, "if I were to get you a little sugar now, or a mouthful of some of our nice things which we get from beyond the sea, do you think you could eat it?" "Ah, my son," replied the old woman, "my stomach goes against every thing; there is but one thing which I think I could touch; if I had the hand of a little Tapua boy, I think I could pick the little bones; but woe is me! there is no one to go out and shoot one for me."

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### DINNERS, FEASTS, ETC., OF VARIOUS PERSONS.

#### CORONATION FEAST FOR HENRY THE FIFTH'S QUEEN.

"AFTER the coronation was ended, Queen Katherine was conveyed into the great hall of Westminster, and there sat at dinner.

"Upon her right hand sat, at the end of the table, the Archbishop of Canterbury and Cardinal Beaufort. Upon the left hand of the queen sat James I., captive king of Scotland, under his canopy, who was served with messes in covered silver dishes.

"The Countess of Kent sat under the table, at the queen's feet,

holding a napkin. The Earl of March, holding a sceptre in his hand, knelt on the steps of the dais at the queen's right side; the Earl Marshal, holding her other sceptre, knelt at her left. The Duke of Gloucester was that day overseer of the feast, and stood before Queen Katherine bareheaded. Sir Richard Neville was her cup-bearer; Sir James Stuart, server; the Lord Clifford, pantler; Lord Grey, her naperer; and the Lord Audley, her almoner.

"This feast was all fish, for being February 24th, Lent was entered upon, and nothing of meat was there, saving brawn, served with mustard. Among the fish dishes of the first course Fabian mentions especially, *dead eels*, stewed.

"The second course of this fish banquet was jelly, colored with columbine flowers; white pottage, or cream of almonds; bream of the sea; conger; soles; cheven or chubb; barbel with roach; smelt, fried; crayfish or lobster; leche, damasked with the king's motto, 'Une sans plus;' lamprey, fresh baked; *flampayne*, flourished with a scutcheon royal, and therein three crowns of gold planted with fleurs-de-lis and flowers of camomile, all wrought of confectionery.

"The third course was likewise of fish. A leche, (strained jelly,) called a white leche, flourished with hawthorn leaves and red hawes; dates in compost; mottled cream; carp; turbot; tench; perch, with gudgeon; fresh sturgeon, with wilks; porpoise, roasted; crevisse d'eau (crab-fish); prawns, and eels roasted, with lamprey."

BANQUET IN HENRY THE SEVENTH'S REIGN AT THE ENTHRONIZATION OF ARCHBISHOP WARHAM.

"The Archbishop sat at the middle of the 'High Board' alone, and the various courses served to him were not partaken of by any other of the guests, to whom similar and abundant courses were served.

“The Duke of Buckingham, as lord high steward of the feast, clad in scarlet robes, bearing a white wand, bareheaded, and with an humble countenance, entered the hall on *horseback*. He was followed by two heralds of arms ; afterwards came the chief sewer, and after him the dishes of the first course, fourteen in number, and consisting solely of varieties of fish. While the dishes were being placed on the table, the duke dismounted, and stood on foot before the archbishop ; then, with an humble reverence, he retired to his own apartment, where a magnificent repast of several courses were served to him alone. The dessert and ornaments at this feast were very much admired, consisting of towers, castles, archbishops, and saints, angels, prophets, and patriarchs, from whose mouths proceeded labels, impressed with Latin inscriptions.”—*Chron. of Fashion*.

CORONATION DINNER OF QUEEN ANNE, WIFE OF HENRY THE EIGHTH.

“Every lord who owed services at a coronation prepared them according to his duty. The Duke of Suffolk, as high steward, was richly apparelled, his doublet and jacket being set with orient pearl, and his courser trapped to the ground with crimson velvet, having letters of beaten gold thereon ; and by his side rode about the hall the Lord William Howard, earl marshal for his brother, whose robe was crimson velvet, and the housings of his stud purple velvet, with white lions on it, cut out in white satin and embroidered. The Earl of Essex was the queen’s carver ; the Earl of Sussex, her sewer ; the Earl of Arundel, her chief butler ; on whom twelve citizens of London did wait at the cupboard. The Earl of Derby was her cup-bearer ; the Viscount Lisle, her pantler ; the Lord Burgoyne, chief larderer ; and the mayor of Oxford kept the buttery bar ; while Sir Thomas Wyatt acted for his father as chief ewerer, and claimed the office of pouring scented water on the queen’s hands.

“When all these functionaries were at their stations the queen entered the hall with her canopy borne over her; she washed and sat down to table, under the canopy of state; on the right side of her chair stood the Countess of Oxford, and on the left stood the Countess of Worcester, all the dinner-time, and they often held a fine cloth before the queen’s face, ‘whenever she listed to spit or do otherwise at her pleasure,’ an extraordinary office, certainly, but first appointed at an earlier and less refined era than even the reign of Henry VIII. And under the table went two gentlewomen, and sat at the queen’s feet during the dinner. When the queen and all these attendants had taken their places, the Duke of Suffolk and Lord William Howard rode into the hall on horseback, escorting the sewer and the Knights of the Bath, each bearing a dish of the first course for the queen’s table, twenty-seven dishes, besides ‘subtleties of ships made of colored wax, marvellous and gorgeous to behold.’ While this service was done, the trumpeters standing at the window, at the nethermost end of the hall, played melodiously.

“The king took no part in all this grand ceremonial, but remained in the cloister of St. Stephen’s, where was a little closet, in which he stood privately with several ambassadors, beholding all the service it was his pleasure should be offered to his new queen.

“While the dinner was proceeding, the Duke of Suffolk and Lord William Howard rode up and down the hall cheering the lords and ladies, and the lord mayor, and his brethren; and when these had dined, they commanded them to stand still in their places or on their forms, till the queen had washed. Then she arose and stood in the midst of the hall, to whom the Earl of Sussex brought a goodly spice-plate, and served her with comfits. After him the lord mayor brought a standing cup of gold set in a cup of assay, and after she had drunk, she gave him the cup according to the claims of the city, thanking him and his brethren

for their pains. Then she went under her canopy borne over her to the door of her chamber, where she turned about, and gave the canopy, with the golden bells and all, to the barons of the cinque ports, according to their claim, with great thanks for their service."—MISS STRICKLAND'S *Annie Boleyn*.

#### MONTEZUMA AT TABLE.

"About *three hundred* kinds of dishes were served up for Montezuma's dinner; and underneath each of them were placed pans of porcelain filled with fire, to keep them warm. Three hundred dishes of various kinds were served up for him alone; and above one thousand for the persons in waiting. He, sometimes, but very seldom, ordered the dinner himself, and desired that the best dishes, and various kinds of birds should be called over to him." Bernal Diaz, from whom we quote this account, insinuates that the flesh of young children was "set before him as a relish." But he is obliged to admit that the Spaniards never saw anything of the kind, though he thinks it was on account of the great variety of dishes; consisting of fowls, turkeys, pheasants, partridges, quails, tame and wild geese, venison, musk, swine, pigeons, hares, rabbits, and of numerous other birds and beasts, besides various other kinds of provision.

"If the weather was cold, a large fire was made with a kind of charcoal, made of the bark of trees, which emitted no smoke, but threw out a delicious perfume; and that his majesty might not suffer from the heat, a screen made of gold, was placed between him and the fire.

"The chair on which he sat was rather low, but supplied with soft cushions and was beautifully carved; the table was little higher than this, but perfectly corresponded with his seat. It was covered with white cloths. Four very neat and pretty young women held before the monarch a species of round pitcher, filled with water, to wash his hands in. The water was caught in other



vessels, and then the young women presented him with towels to dry his hands. Two other women brought him *maize bread baked with eggs*.

“Before, however, Montezuma began his dinner, a kind of wooden screen, strongly gilt, was placed before him, that *no one might see him while eating*, and the young women stood at a distance. Next four elderly men, of high rank, were admitted to his table; sometimes he would offer them a plate of some of his viands, which they ate standing, in the deepest veneration, though without daring to look him full in the face.

“The dishes in which the dinner was served up, were of variegated and black porcelain, made at Cholulla. While the monarch was at table, his courtiers, and those who were in waiting in the halls adjoining, had to maintain *strict silence*. After the hot dishes had been removed, every kind of fruit which the country produced was set on the table; of which, however, Montezuma ate but little. Every now and then a golden pitcher was handed to him, filled with a kind of liquor made from the cacao, of a very exciting nature.”

#### THE ENTERTAINMENT GIVEN BY THE EARL OF ATHOL TO JAMES V.

“There were all kinds of drink, as ale, beer, wine, both white and claret, malvasy, muskadel, hippocras, and aquavitæ. Further, there was of meats, wheatbread, mainbread, and gingerbread, with fleshes, beef, mutton, lamb, veal, venison, goose, grice, capon, coney, cran, swan, partridge, plover, duck, drake, brisselcock and pawnies, blackcock, and muir fowl, capercoilies; and also the tanks that were round about the palace were full of all delicate fishes, as salmonds, trouts, pearches, pikes, eels, and all other kind of delicate fishes that could be gotten in fresh waters; and all ready for the banquet. Syne were there proper stewards, cunning baxters, excellent cooks and pottingars, with confections and drugs for their desserts; and the halls and chambers were pre-

pared with costly bedding, vessels, and napry according for a king; so that he wanted none of his orders more than he had been at home in his own palace. The king remained in this wilderness the space of three days and three nights, and his company. I heard men say it cost the Earl of Athol every day, in expenses, a thousand pounds.

“The ambassador of the Pope seeing this banquet and triumph which was made in a wilderness, where there was no town near by twenty miles, thought it a great marvel that such a thing should be in Scotland, and that there should be such honesty and policy in it, especially in the Highland, where there was but wood and wilderness. But most of all, this ambassador marvelled to see, when the king departed and all his men took their leave, the Highlandmen set all this place in a fire, that the king and ambassador might see it. Then the ambassador said to the king, ‘I marvel, sir, that you should thole you fair place to be burnt, that your Grace has been so well lodged in;’ then the king answered and said, ‘It is the use of our Highlandmen, though they be never so well lodged, to burn their lodging when they depart.’”—PITSCOTIE.

#### QUEEN ELIZABETH.

One of the most magnificent feasts of *Queen Elizabeth's* time, was that given by the *Earl of Leicester at Utrecht*, during his government of the Low Countries, on *St. George's Day*, 1586. A cloth and table were laid for her, as if she were in presence. “Then began the trumpets to sound in the service, which was most prince-like and abundant,—served on the knee, carved and tasted, to her majesty's trencher; the side-tables being furnished all in silver plate and attended on by gentlemen. Sundry sorts of musickes continued the entring of the first course; which done and avoyded, the trumpets sounded in for the second, which

was all baked meats of beasts and fowls; the beasts, as lions, dragons, leopards, and such like, bearing armes; and the fowls as peacocks, swans, pheasants, turkey cocks, and others, in their *natural feathers*, spread in their greatest pride; which sight was both rare and magnificent. This service being placed on her majesty's board, the beasts on the one side, and the fowls on the other, the lion lying couchant at her highness's trencher, the ushers cryed 'A Hall.'

It is probable that these lions, dragons, and leopards, were miniature resemblances of these animals formed by the skill of the cook, from other and more common viands.

It is related of the Queen, that in summer time when she was hungry, she would eat something that was light of digestion, with the window open to admit the gentle breezes from the gardens or pleasant hills. Sometimes she would do this alone, but oftener with the favored few whose company she preferred. She ate but little, and in her declining life became still more abstemious. She seldom drank anything but common beer, fearing the use of wine, lest it should cloud her faculties.

When she dined in public, she ordered her table to be served with the greatest magnificence; the side-tables were also adorned with costly plate, for she took pride in thus displaying her treasures, especially when she entertained the foreign ambassadors. Songs and music were heard during the banquet.

"Great hospitality was exercised in the palace, which no stranger who had ostensible business there, from the noble to the peasant, ever visited, it is said, without being invited to either one table or the other, according to his degree.

"At the entertainment at Kenilworth, the chief table was adorned by a "*salt*," ship-fashion, made of mother-of-pearl, garnished with many designs. Another salt was fashioned of silver in the form of a swan in full sail. A silver St. George mounted and equipped was also on the table; the horse's tail held a case

of knives, while the breast of the dragon presented a similar accommodation for oyster knives."—SCOTT.

The Queen's dinners on ordinary occasions consisted of two courses; beef, mutton, veal, swan or goose, capons, rabbits, lamb or kid, herons or pheasants, cocks or godwits, chickens, pigeons, larks, eggs, and pastry, with fine wheaten bread, ale, beer, and wine.

Her fish-dinners consisted of two courses; 1st, ling, pike, salmon, haddock, whittings, gurnards, tenches, and birts; 2d, sturgeon, carp, eels, lampreys, and conger, chines of salmon, perches, and cruez, with eggs, cream and butter, etc. In 1576, she wrote with her own hand the foregoing account of her daily diet. The only "made dishes" she mentioned, were, "custerd, friant, and fritters."

#### DINNER OF JAMES THE FIRST TO A SPANISH AMBASSADOR.

"The Audience chamber had been beautifully fitted up for the occasion. On each side of the table, was a railing, to insure the respectful distance of the people. The dishes were brought in by gentlemen of the household, preceded by the lord chamberlain, each making four or five obeisances before they placed them on the table. Grace being said, their majesties washed their hands with water from the same ewer, the towels being presented by high officers of the Crown. The first thing the king did, was to send a melon and some oranges, on a green branch to the Ambassador, observing, that they were the fruit of Spain, transplanted to England. The duke rose, drank to the king, out of the *lid* of a beautiful agate cup, set with diamonds and rubies. Later in the entertainment, the duke drank to the queen, out of the lid of a beautiful dragon-shape vessel of crystal set in gold.

"The dinner lasted about three hours; at the conclusion, the cloth was removed, and the table lowered, when their majesties,

according to ancient custom, placed themselves upon it to wash their hands."

The ewerer was an officer of great importance at the tables of kings, as may be perceived from the above account; it was his office to bring water and towels to the king, both before and after each meal. The necessity of such an officer may be better seen, when we recollect that forks were not in general use, and that most of the food passed through the fingers.

#### LOUIS FOURTEENTH.

The king's breakfast was always a frugal repast, consisting of bread and wine. He usually dined *au petit couvert*, that is, alone, in his own chamber, at which meal three courses and a dessert were served, for he was constitutionally a great eater. The *grands couverts* were very rare, and were generally held at Fontainebleau upon occasions of great ceremony. At ten o'clock he supped, when, at his desire, the princes and princesses of France sat down at the table with him; six noblemen then stationed themselves at each end of the table, to try the meats and wait upon the king, while a numerous circle of courtiers and ladies stood around.

The king always had a collation, or *in case*, as it was called, prepared for the night, in case he should require refreshments. It generally consisted of a bowl of soup, a cold roasted chicken, bread, wine, and water; and an enamelled drinking cup.

Louis XIV. seldom permitted any one but ladies to enter his coach, which was always stored with fruits, meats, and pastry; and before the party were a league upon their way, he invariably proposed that they should partake of some refreshment. Although he never touched any food between his regular repasts, it afforded him great amusement to see others eat; and in order not to incur his displeasure, it was necessary to devour every thing he offered, a necessity as imperative upon his own daughters and daughters-in-law, as upon the ladies of his court.

## LOUIS FOURTEENTH'S FEAST.

“There was a feast held at Versailles, in the year 1664, that was very magnificent and widely famed. This feast, consisting of a variety of entertainments, the king attended with a court of six hundred persons, whose entire expenses, including those of all their attendants, he defrayed. The cavalcade was followed by a gilded chariot, of immense size, representing the chariot of the sun. The golden, the silver, the brazen, and the iron ages, with the celestial signs, the seasons, and hours, followed the chariot on foot: every thing was in character; shepherds brought in their hands pieces of the palisades, which they placed regularly to the sound of trumpets, to which, by intervals, succeeded the violins and other instruments. Some persons, who followed the chariot of Apollo, came forward and repeated to the queen verses alluding to the place, the persons, and the time. The races being finished, and the day at an end, four thousand large flambeaux illuminated the space in which the feast was prepared.

“The tables were served by two hundred persons, representing the Seasons, the Fauns, the Sylvans, and Dryads, with shepherds, reapers, and grape-gatherers. Pan and Diana appeared upon a moving mountain, and descended to place upon the tables the greatest rarities the fields and forests produced. In a semicircle, behind these tables, was raised all at once a theatre covered with musicians; the arcades which encompassed the tables, and the theatre, were adorned with five hundred branches of green and silver, filled with wax candles, and the vast enclosure was encompassed with a gilt balustrade. These feasts, unparalleled even in romance, lasted seven days.”—*Chron. of Fashion.*

## A DINNER AT AUTEUIL THE HOME OF MOLIÈRE.

“One day, Chapelle, a schoolfellow, arrived at Auteuil with some *bons vivans*. ‘We are coming to dine with you!’ cried

Chapelle, as soon as he perceived him. 'You are welcome,' said Molière. He had a good dinner prepared, and prayed Chapelle to do the honors of his house, for, as to himself, feeling unwell, he retired after having merely taken a cup of milk. The beginning of the dinner was only merry; but during the dessert the libations, *not of milk*, succeeded each other in great number, and soon the reason of the guests began 'a battre la campagne.'

"At first it was a tumultuous medley of follies; but one grave word having by chance found its way there, the jolly fellows seized upon it, and behold! the conversation takes a serious strain. 'Life!' 'What is life?' 'What a sad thing is life!' 'Away with life!' 'Gentlemen, a luminous idea strikes me,' cried one of the guests; 'we all agree that life is a stupid thing; why do we not rid ourselves of it? What if we were to go to the river and drown ourselves! Would it not be wonderfully glorious?'

"'Bravo! bravo! approved!' exclaimed all; 'let us go and drown ourselves.'

"They tumultuously vacate the dining-room, and hasten to the river. The noise attracts a few inhabitants of the village; they make an attempt to prevent them from executing their project; the champagne drinkers become furious; they draw their swords and begin to pursue, but not with the firmest steps, their good-hearted would-be deliverers, who fly and take refuge in Molière's house. The tremendous noise awakes him; he gets up. Chapelle and his companions arrive, incensed with fury, and crying, 'Villains! rascals! scamps! impertinents! to prevent gentlemen from drowning themselves!'

"Molière, who perceives that the wine is still acting on them with all its strength, severely scolds the peasants, and orders them to retire. Then addressing his guests, 'You want to drown yourselves, gentlemen; you are right; it is a very good idea. I have, however, greatly to complain of you. I thought we were

better friends. What! you nobly resolve to give up the game, and you go away without me? Ah! it is very wrong.'

"But suddenly stopping; 'My friends, a reflection strikes me; is this a suitable hour for so fine and glorious an action? To-morrow, in Paris, they would say that we have chosen night from motives of timidity; they would perhaps say that it was a resolution of people who had just left the table. Will it not be much better, in order to have all the fame we deserve, to drown ourselves to-morrow morning in sober earnest, and in broad daylight? Our glory will then be immortal!'

"'Why, he is right!—he is always right—ce diable de Molière!'

"'Now, my comrades, go to bed; to-morrow the great feat.'

"'Yes, to-morrow,—to-morrow.'

"Next morning at ten o'clock the breakfast-bell was heard. The boon companions were awakened from a very sound sleep. The fumes of the wine had subsided, and they felt themselves more disposed to eat a hearty breakfast than to take their last bath in the Seine."

#### DINNER AT THE CORONATION OF CHARLES II.—1660.

"Into Westminster Hall I got, where it was very fine with hangings and scaffolds one upon another, full of brave ladies; and my wife in one little one, on the right hand. Here I staid walking up and down, and at last upon one of the side stalls I stood, and saw the King come in with his crown on, and his sceptre in his hand, under a canopy. After a long time he got up to the further end, and all set themselves down at their several tables; and that was also a brave sight; and the King's first course carried up by the Knights of the Bath. And many fine ceremonies there were of the herald's leading up people before him and bowing; and my Lord of Albemarle's going to the kitchen, and eating a bit of the first dish that was to go to the



King's table. But above all, was the coming of the lords, Northumberland, and Suffolk, and the Duke of Ormond, before the courses on horseback, and staying so all dinner-time, and at last bringing up the King's champion, all in armour on horseback, with his spear and target carried before him. And a herald proclaims 'That if any dare deny Charles Stewart to be lawful King of England, here was a champion that would fight with him : ' and with these words the champion flings down his gauntlet, and all this he do three times in his going up to the King's table. To which when he is come, the King drinks to him and then sends him the cup, which is of gold, and he drinks it off, and then rides back again with the cup in his hand. I went from table to table to see the bishops and all others at their dinner, and was infinitely pleased with it. And at the Lords' table I met with William Howe, and he spoke to my lord for me, and he did give him four rabbits and a pullet, and so Mr. Creed and I got Mr. Minshell to give us some bread, and so we at a stall eat it, as everybody else did what they could get. I took a great deal of pleasure to go up and down, and look upon the ladies, and to hear the music of all sorts, but above all the twenty-four violins. About six at night they had dined, and I went up to my wife.

“ Thus did the day end with joy everywhere.”—PEPYS.

#### SIR RICHARD STEELE AT DINNER.

“ Sir Richard Steele having one day invited to his house a great number of persons of the first quality, they were surprised at the number of liveries which surrounded the table ; and after dinner, when wine and mirth had set them free from the observation of rigid ceremony, one of them inquired of Sir Richard, how such an expensive train of domestics could be consistent with his fortune. Sir Richard very frankly confessed that they were fellows of whom he would very willingly be rid ; and being asked why he did not discharge them, declared that they were bailiffs who had introduced

themselves with an execution, and whom, since he could not send them away, he had thought it convenient to embellish with livery, that they might do him credit while they stayed.

“His friends were diverted with the expedient, and by paying the debt discharged their attendants, having obliged Sir Richard to promise that they should never again find him graced with a retinue of the same kind.”—DR. JOHNSON.

DINNER AT MR. SHERIDAN'S ON “SWILLED MUTTON.”

“We have an amusing idea given us of the effect which a resuscitation of *real* ancient cookery would produce, in the Memoirs of Mrs. Sheridan, where we find that her husband was prevailed on by some friends to give them ‘swilled mutton’ as a specimen of the old Irish taste in hospitality, and of the greatest perfection in cookery.

“This swilled mutton was hailed as a noble relic of former times. It consisted of a *sheep* roasted whole, in the inside of which was insinuated a *lamb*; the *lamb* was again stuffed with a *hare* and rabbits. There was also a *goose*, the body of which was stuffed with a *duck*, and other delicacies, of a similar description.

“The floor of the dining-room was strewed with rushes. When every one was more than satisfied, the table was replenished with the choicest viands of the present day; those who were in the secret made a luxurious meal, and those who had, perforce, satisfied their appetites with ‘swilled mutton,’ could only regret the circumstance.”—*Life of Mrs. SHERIDAN.*

MADAME DE STAEL.

“How quick, intellectual, witty, and amiable, Madame de Stael was, is well known to the world. She was by no means handsome, but the talent of ruling the most diverse characters

and binding them in social harmony, she possessed in the highest degree. Her great talent consisted in the power of saying something striking and piquant on every subject that was presented to her notice. This talent made her a most delightful companion. Wherever she appeared, notwithstanding the presence of young and beautiful women, she attracted all the men of any head or heart within her circle. When, in addition to her intellectual fascinations, it is remembered that she was wealthy, extremely *hospitable*, and *daily gave sumptuous dinners*, it will not perhaps excite so much wonder, that, like a queen, or a fairy in her magic hall, she drew men around her, and ruled them! At table her servant always placed a small twig of evergreen, of flowers, or flowering shrub, beside the knife and fork, which she held constantly in her hand, and played with or waved during conversation, as if symbolic of her dominion over society.”—OEIENSCHLAGER'S *Autobiography*.

#### THE EMPEROR NAPOLEON AND THE EMPRESS JOSEPHINE AT DINNER.

“Dinner was appointed at six o'clock. It was, however, served when Napoleon was ready to receive it. Not unfrequently, when much engrossed with business, he would postpone the hour till nine, or even ten o'clock. The cook, during all this time, would be preparing fresh viands, that a hot dinner might be ready at a moment's warning. A chicken, for instance, was put upon the spit every fifteen minutes. Napoleon and Josephine always dined together, sometimes alone, but more frequently with a few invited guests. There was a Grand Master of Ceremonies, who, on such occasions, informed the Grand Marshal of the necessary arrangements, and of the seat each guest was to occupy. Occasionally, the Emperor and Empress dined in state. Rich drapery canopied the table, which was placed upon a platform slightly elevated, with two arm-chairs of gorgeous workmanship, one for Napoleon, and the other, upon his left, for Josephine.

Other tables were placed upon the floor of the same room, for illustrious guests. The Grand Marshal announced to the Emperor when the preparations were completed. A gorgeous procession of pages, marshals, equerries, and chamberlains accompanied the Emperor and Empress into the hall. Pages and stewards performed the subordinate parts of the service at table, in bringing and removing dishes; while noblemen, of the highest rank, ministered to the immediate wants of their Majesties. Those who sat at the surrounding tables, were served by servants in livery."—ABBOTT'S *Josephine*.

#### DINNERS OF THE PRINCE DE TALLEYRAND.

Much has been said of Talleyrand's table, for his hospitality was enjoyed by all the illustrious men of Europe. The culinary art was practised in his house in its greatest perfection; and "here was gathered every production of every country and climate, either esteemed delicious, rare, or curious;—for the agents of his kitchens had *carté blanche* to purchase whatever money could procure.

"Regular couriers brought fresh sturgeons from the Mediterranean, carps from the Rhine, and turbots from the Channels; whilst other couriers furnished salmon from Holland, venison from Germany, game from Italy, pies from Perigord, fruits from Switzerland, and mutton from the Ardennes. Wine merchants were employed to select the finest wines and choicest liquors. His own hot-houses brought forth the most unseasonable but best-flavored fruits, which were also obtained in the greatest variety and of the most delicious quality, from Italy, Sicily, the Alps,—indeed wherever they could be found, for his agents left no place unsearched. The fame of his hospitality spread throughout all Europe, and the distinguished foreigners who visited the Tuileries, considered it an important event to dine at the house of the Prince de Talleyrand.

“The prince, in his own person, pursued a *régime* which preserved his health and mental powers vigorous to old age. In the morning, he partook sparingly of food, but before commencing upon business, drank two or three cups of camomile. For a table of ten or twelve covers at his house, upon ordinary occasions, was prepared two *potages*, two *relevés*, one of which was fish, four *entrées*, two *rots*, four *entremets* and the dessert. The prince ate heartily of soup, of fish, of one *entrée*, which was usually of veal, or of mutton-chop broiled, or a little of chicken. Sometimes he partook of the roast; his *entremets* were habitually spinach, or cardons, eggs or early vegetables; and in sweet *entremets*, apples or pears *gratinées*. Sometimes he tasted the *crème au café*, but rarely touched the dessert. He drank only excellent Bordeaux wine lightly tempered with water, and a little of Xeres; at the dessert, also, a small glass of old Malaga. After dinner in the saloon, his *maitre-d’hôtel* presented a large cup to him, in which the prince dropped a lump of sugar and poured his coffee for himself.

“He went yearly to the waters of Bourbon-l’Archambault, which he found to be of service to him, and from thence to his magnificent château at Valencay, where his elegant table was open to all the most distinguished men of France and Europe. It was not uncommon to meet there thirty eminent persons.”

#### A SPECIMEN OF GENERAL WASHINGTON'S DINNERS IN CAMP.

The following pleasant letter was written by Gen. Washington to Dr. Cochrane, a surgeon-general in the Continental army; it is dated West Point, August 16, 1779:

“Dear Doctor—I have asked Mrs. Cochrane and Mrs. Livingston to dine with me to-morrow; but am I not in honor bound to apprise them of their fare? As I hate deception, even where the imagination only is concerned, I will. It is needless to premise that my table is large enough to hold the ladies. Of this

they had ocular proof yesterday. To say how it is usually covered, is rather more essential; and this shall be the purport of my letter.

“Since our arrival at this happy spot, we have had a ham, sometimes a shoulder of bacon, to grace the head of the table; a piece of roast beef adorns the foot; and a dish of beans, or greens, almost imperceptibly decorates the centre. When the cook has a mind to cut a figure, which I presume will be the case to-morrow, we have two beef-steak pies, or dishes of crabs, in addition, one on each side of the centre dish, dividing the space and reducing the distance between dish and dish to about six feet, which, without them, would be nearly twelve feet apart. Of late he has had the surprising sagacity to discover that apples will make pies; and it is a question, if, in the violence of his efforts we do not get one of apples, instead of having both of beef-steaks. If the ladies can put up with such entertainment, and will submit to partake of it on plates, *once tin but now iron*, (not become so by the labor of scouring,) I shall be happy to see them; and am, dear doctor, yours,” etc., etc.

Gen. Washington's camp-chest, filled with the table-furniture he used during the war, is preserved at the Patent-Office, Washington. It contains a gridiron, a coffee and tea-pot, three tin saucepans, (one movable handle for all,) five glass flasks, used for honey, salt, coffee, port-wine, and vinegar; three large tin meat dishes; sixteen plates; two knives and five forks; a candle-stick and tinder-box; tin boxes for tea and sugar, and five small bottles for pepper and other materials for making soup.

#### WASHINGTON'S STYLE OF LIVING DURING HIS PRESIDENCY.

“Washington's dining parties were entertained in a very handsome style. His weekly dining day, for company, was Thursday, and his dining hour was always four o'clock in the afternoon. His rule was to allow five minutes for the variation of clocks and

watches, and then go to the table, be present or absent whoever might. He kept his own clock in the hall, just within the outward door, and always exactly regulated. When lagging members of Congress came in, as they often did, after the guests had sat down to dinner, the President's only apology was, "Gentlemen, (or sir,) we are too punctual for you. I have a cook who never asks whether the company has come, but whether the hour has come." The company usually assembled in the drawing-room about fifteen or twenty minutes before dinner, and the President spoke to every guest personally on entering the room. He was always dressed in a suit of black, his hair powdered, and tied in a black queue behind, with a very elegant dress sword, which he wore with inimitable grace. Mrs. Washington often, but not always, dined with the company, sat at the head of the table, and if, as was occasionally the case, there were other ladies present, they sat at the foot of the table, and were expected to be quietly attentive to all the guests. The President himself sat half way from the head to the foot of the table, and at such times he would place Mrs. Washington, though distant from him, on his right hand. He always, unless a clergyman were present at his own table, asked a blessing in a standing posture. If a clergyman were present, he was requested both to ask a blessing and to return thanks after dinner. The centre of the table contained five or six large silver or plated waiters, those of the ends circular, or rather oval at one side, so as to make the arrangement correspond with the oval shape of the table. The waiters between the end pieces were in the form of parallelograms, the ends about one-third part of the length of the sides, and the whole of these waiters were filled with alabaster figures, taken from the ancient mythology, but none of them such as to offend in the smallest degree against delicacy. On the outside of the oval formed by the waiters were placed the various dishes, always without covers; and outside the dishes were the plates. A small roll of bread,

enclosed in a napkin, was laid by the side of each plate. The President, it is believed, generally dined on one dish, and that of a simple kind. If offered something, either in the first or second course, which was very rich, his usual reply was, 'That is too good for me.' He had a silver pint cup or mug of beer, placed by his plate, which he drank while dining. He took one glass of wine during dinner, and commonly one after. He then retired—the ladies having gone a little before him—and left his secretary to superintend the table till the wine-bibbers of Congress had satisfied themselves with drinking. His wines were always the best that could be obtained. Nothing could exceed the order with which his table was served. Every servant knew what he was to do, and did it in the most quiet and rapid manner. The dishes and plates were removed and changed, with a silence and speed that seemed like enchantment.—*Letter of the late Dr. ASHBEL GREEN.*

#### GEN. MARION'S ENTERTAINMENT TO A BRITISH OFFICER.

“Gen. Marion was stationed on Snow Island, South Carolina, when a young officer of the British army visited him to treat respecting prisoners. He was led blindfolded to the camp of Marion. There he first saw the diminutive form of the great partisan leader, and around him in groups were his followers, lounging beneath magnificent trees draped with moss. When their business was concluded, Marion invited the young Briton to dine with him. He remained, and to his utter astonishment he saw some roasted potatoes brought forward on a piece of bark, of which the general partook freely, and invited his guest to do the same. ‘Surely, general,’ said the officer, ‘this cannot be your ordinary fare?’ ‘Indeed it is,’ replied Marion, ‘and we are fortunate, on this occasion, entertaining company, to have more than our usual allowance.’ It is related that the young officer gave up his commission on his return, declaring that such a people could not, and ought not, to be subdued.”—LOSSING.



## SYDNEY SMITH'S ACCOUNT OF A DINNER.

“Did you ever dine out in the country?” said my father. “What misery human beings inflict on each other under the name of pleasure! We went to dine last Thursday with Mr. —, a haunch of venison being the stimulus to the invitation. We set out at five o’clock, drove in a broiling sun on dusty roads three miles; found the company assembled in a small, hot room, the whole house redolent of frying; talked, as is our wont, of roads, weather, and turnips; that done, began to grow hungry, then serious, then impatient. At last, a stripling, evidently caught up for the occasion, opened the door and beckoned our host out of the room. After some moments of awful suspense, he returned to us with a face of much distress, saying, ‘The woman assisting in the kitchen had mistaken the soup for dirty water, and thrown it away; so we must do without it.’ We all agreed it was perhaps as well we should, under the circumstances. At last, to our joy, dinner was announced; but oh! ye powers! as we entered the dining-room, what a gale met our nose! the venison was *high*—the venison was *uncatable*, and was obliged to follow the soup with all speed.

“Dinner proceeded, but our spirits flagged under these accumulated misfortunes; we obtained the second course with some difficulty, bored each other the usual time, ordered our carriages expecting our post-boys to be drunk, and were grateful to Providence for not permitting them to deposit us in a wet ditch.

“So much for dinners in the country!”

## GEN. URQUIZA'S HOSPITALITY TO AMERICAN OFFICERS AND GENTLEMEN.

General Urquiza's recent princely entertainment of several American officers and gentlemen, should not pass unnoticed. After the conclusion of the treaty respecting Paraguay, which he, as President of the Argentine Confederation, negotiated with

the American Commissioner and others, he invited the Commodore of the squadron, the Commissioner, with their officers, to visit him at his residence at San José, and there pass the 22d of February, "to celebrate with him the birthday of the immortal Washington and the peace with Paraguay." As the number of guests was not strictly specified, when the company arrived near Concepcion, one of the vessels was despatched to that town to give information of the Commodore's arrival, and learn, if possible, how many guests were expected. She returned about noon with the intelligence "that the dignitaries were expected with the *largest possible suite* ; that accommodations had been provided for the whole party in the town, if we elected to pass the night there ; and that conveyances were likewise in waiting if we preferred proceeding directly to San José.

"This last course we decided to take, but it was nightfall before we drew near the country palace of San José. Then a long line of lights met the eye, and we soon drove in between two lines of cavalry drawn up on either side—an avenue of living statues with drawn swords, visible by the light of torches. Then came an avenue of artillery, and we finally drove through one of infantry to the entrance of the palace—all this with no other than the

“ ‘Sound of the barbarous horn,’

which, with the fantastic lights and shadows, made the scene resemble the approach to some Arab chieftain's tent, rather than a visit to the President of a Republican Confederation.

"Through a spacious and graceful iron gateway, we were escorted by a staff of officers in rich uniforms up a flower garden, laid out in parterres with marble walks and fountains, to the porch of an edifice some two hundred feet broad, and only one story high, with tall Saracenic turrets rising at either of the two front corners. Between these turrets a deep portico, paved with

*dalles*, was covered by an arch-sustained roof resting on eight columns. In a brilliantly-lighted and magnificently-furnished saloon on the left of the grand hall we were warmly welcomed by our illustrious host, for whom 'the cry is still they come' seemed to have no terrors, as section after section of our party were presented to him. He shortly conducted the Commissioner and Commodore to their rooms,—a list of our party was furnished; all were quickly provided with 'ample and elegant accommodations'—eager aids-de-camps served as major-domos, and in less than half an hour each guest felt himself at home in the princely residence. We were apprised that dinner would be served at eight o'clock, and after a comfortable toilet, proceeded to the drawing-room, where the gracious and beautiful lady of the mansion renewed the cordial welcome of its proprietor.

"The dining-hall reminded one of the banquet-room at Apsley House. The table seemed to sink under the profusion of flowers and fruits. We sat down thirty, and you may judge of its width by the fact of there being four comfortable seats at each end. The dishes were carved by two aids-de-camp, seated at small separate tables at either end of the room. I counted *nineteen* courses, besides fruits, the first day. At ten we adjourned to the drawing-room for coffee, and towards midnight we broke up for an early start on the morrow. During dinner, a military band in *patio*, or interior of the first quadrangle, enlivened the repast with martial and patriotic strains, and as I gazed through the door beyond the arches of the interior portico into the gloom from whence the sounds of trumpets and shaums proceeded, and caught a glimpse of the dusky group of musicians and swart soldiery, I fancied myself in the Alhambra before the days of Isabella, the Catholic.

"At daybreak the next morning a group of ebony negresses, with white teeth and coral lips, pervaded the bed-chambers with *maté* and coffee, at the option of the drowsy guests. Then came

other damsels, less obscure, with baskets of figs, pears, and peaches, still sparkling with the dews of night, and then a summons to the saddle or the carriage at half-past six o'clock. Sailors are proverbially sharp dressers, and we were soon assembled beneath the outer portico. The lady Urquiza was attired for the noble steed which soon bore her, attended by Judge Bowlin on one side, and the warrior President on the other, through the long line of troops presenting arms, to the distant *campo* where herds of bullocks were grazing. We followed—the younger on horseback, and the soberer in carriages.”

After an animated chase, and many feats at arms, performed for the diversion of the guests, the party returned to the palace. A formal dinner took place that evening, at which there were *twenty-one* courses; the guests were in uniform; speeches were made on both sides doing honor to the occasion, and after a sumptuous entertainment the company parted. Their princely reception, and the noble hospitality of Urquiza, were the themes for every tongue, when the guests at length took their departure from the palace of this distinguished South American gentleman.

#### SANCHO PANZA AT CAMACHO'S WEDDING FEAST.

“The first thing that presented itself to Sancho's sight was a whole *bullock*, spitted upon a large elm. The fire by which it was roasted was composed of a mountain of wood, and round it were placed six huge pots—not cast in common moulds, but each large enough to contain a whole shamble of flesh.

“Entire sheep were swallowed up in them, and floated like so many pigeons. The hares ready flayed, and the fowls plucked, that hung about the branches in order to be buried in these caldrons, were without number. Infinite was the wild fowl and venison hanging about the trees to receive the cool air.

“Sancho counted above threescore skins, each holding above

twenty-four quarts, and all, as appeared afterwards, full of generous wines.

“Hillocks too, he saw, of the whitest bread, ranged like heaps of wheat on the threshing floor; and cheeses, piled up in the manner of bricks, formed a kind of wall. Two caldrons of oil, larger than dyers' vats, stood ready for frying all sorts of batter-ware; and, with a couple of stout peels, they shovelled them up when fried, and forthwith immersed them in a kettle of prepared honey that stood near. The men and women cooks were about fifty in number, all clean, all active, and all in good humor.

“In the bullock's distended belly were sewed up a dozen sucking pigs, to make it savory and tender.

“The spices, of various kinds, which seemed to have been bought by the hundredweight, were deposited in a great chest, and open to every hand. In short, the preparation for the wedding was all rustic, but in sufficient abundance to have feasted an army.

“Sancho beheld all with wonder and delight. The first that captivated and subdued his inclinations, were the flesh-pots, out of which he would have been glad to have filled a moderate pipkin; next the wine-skins drew his affections; and lastly, the products of the frying-pans,—if such capacious vessels might be so called; and being unable any longer to abstain, he ventured to approach one of the busy cooks, and in persuasive and hungry terms, begged leave to sop a luncheon of bread in one of the pots. To which the cook replied, ‘This, friend, is not a day for hunger to be abroad—thanks to rich Camacho. Alight, and look about you for a ladle to skim out a fowl or two, and much good may they do you.’

“‘I see no ladle,’ answered Sancho.

“‘Stay,’ quoth the cook, ‘God save me, what a helpless varlet!’

“So saying, he laid hold of a kettle, and sousing it into one of

the half-jars, he fished out three pullets, and a couple of geese, and said to Sancho :

“‘Eat, friend, and make a breakfast of this scum, to stay your stomach until dinner-time.’

“‘I have nothing to put it in,’ answered Sancho.

“‘Then take ladle and all,’ quoth the cook ; ‘for Camacho’s riches and joy supply everything.’”

Basilus, a poor student, and Camacho the rich, were aspirants to the hand of a beautiful young girl.

She loved Basilus, but her father preferred Camacho, on account of his great wealth, which he now displayed at the marriage feast.

Before tasting of all these things, Sancho’s sympathies were strongly enlisted in behalf of Basilus ; but after eating, he said, “I hold with Camacho, for I know very well I shall never get such elegant scum from Basilus’s pots, as I have from Camacho’s. My grandmother used to say, there are but two families in the world, the *Have’s* and the *Have-nots*, and *she* stuck to the former. So that I tell you again, I hold with Camacho.”—CERVANTES.

#### DINNER AND REJOICINGS UPON THE NEW YEAR’S COMING OF AGE.

“The old year being dead, and the New Year coming of age, nothing would serve the young spark but he must give a dinner on the occasion, to which all the Days in the year were invited. The Festivals, whom he deputed as his stewards, were mightily taken with the notion. They had been engaged time out of mind, they said, in providing mirth and good cheer for mortals below, and it was time they should have a taste of their own bounty. It was stiffly debated among them whether the Fasts should be admitted. Some said the appearance of such lean, starved guests, with their mortified faces, would pervert the ends of the meeting. But the objection was overruled by *Christmas-day*,

who had a design upon *Ash-Wednesday*, as you shall hear. Only the Vigils were requested to come with their lanterns to light the gentlefolks home at night.

“All the Days came to their day. Covers were provided for three hundred and sixty five guests at the principal table, with an occasional knife and fork at the sideboard for the *Twenty-ninth of February*.

“I should have told you that cards of invitation had been issued. The carriers were the Hours; twelve little, merry, whirligig, foot-pages as you should desire to see, that went all round and found out the persons invited well enough, with the exception of *East-er-day*, *Shrove-Tuesday*, and a few such Moveables, who had lately shifted their quarters.

“Well, they all met at last, foul Days, fine Days, all sorts of Days, and a rare din they made of it. There was nothing but *Hail! fellow Day, well met—brother Day—sister Day*—only Lady-Day kept a little on the aloof, and seemed somewhat scornful. Yet some said *Twelfth-Day* cut her out and out, for she came in a tiffany suit, white and gold, like a queen on a frost-cake, all royal, glittering, Epiphanous. The rest came, some in green, some in white,—but old Lent and his family were not yet out of mourning. Rainy Days came in, dripping; and Sunshiny Days helped them to change their stockings. Wedding Day was there in his marriage finery, a little the worse for wear.

“*Pay Day* came late, as he always does; and *Doomsday* sent word—he *might be expected*.

“April Fool (as my young lord’s jester) took upon himself to marshal the guests, and wild work he made with it. It would have posed old Erra Pater to have found out any given Day in the year to erect a scheme upon—good Days, bad Days were so shuffled together, to the confounding of all sober horoscopy.

“He had stuck the twenty-first of June next to the twenty-second of December, and the former looked like a maypole siding a

marrow-bone. Ash-Wednesday got wedged in (as was concerted) between Christmas and Lord Mayor's days. How he laid about him! Nothing but barons of beef and turkeys would go down with him—to the great greasing and detriment of his new sackcloth bib and tucker. And still Christmas-day was at his elbow, plying him with the wassail-bowl, till he roared and hiccoughed, and protested there was no faith in dried ling, but commended it to the devil for a sour, windy, acrimonious, censorious, hy-po-crit-crit-crit-ical mess, and no dish for a gentleman.

“At another part of the table Shrove-Tuesday was helping the Second of September to some cock-broth, which courtesy the latter returned with the delicate thigh of a hen-pheasant;—so there was no love lost for that matter. The last of Lent was sponging upon Shrovetide's pancakes, which April Fool perceiving, told him he did well, for pancakes were proper to a *good fry-day*.

“It beginning to grow a little duskish, Candlemas lustily bawled out for lights, which was opposed by all the Days, who protested against burning daylight.

“May-day, with that sweetness which is peculiar to her, in a neat speech, proposing the health of the founder, crowned her goblet (and by her example the rest of the company) with garlands. This being done, the lordly New Year, from the upper end of the table, in a cordial but somewhat lofty tone, returned thanks. He felt proud on an occasion of meeting so many of his worthy father's late tenants, promised to improve their farms, and at the same time, to abate (if any thing was found unreasonable) in their rents. At the mention of this, the four *Quarter Days* involuntarily looked at each other and smiled; *April Fool* whistled to an old tune of “New Brooms,” and a surly old rebel at the further end of the table (who was discovered to be no other than the Fifth of November), muttered out words to this effect, that “when the old one is gone, he is a fool that looks for a better”—which rudeness of his, the guests resenting, unanimously voted



his expulsion, and the malcontent was thrust out neck and heels into the cellar, as the properest place for such a firebrand as he had shown himself to be.

“They next fell to quibbles and conundrums. The question being proposed, who had the greatest number of followers, the *Quarter Days* said there could be no question as to that, for they had all the creditors in the world dogging their heels.

“*Day* being ended, the *Days* called for their cloaks and great-coats, and took their leaves. *Lord Mayor’s Day* went off in a mist, as usual; *Shortest Day* in a deep black fog, that wrapped the little gentleman all round like a hedge-hog; *Longest Day* set off westward in beautiful crimson and gold—the rest, some in one fashion, some in another; but *Valentine* and pretty *May* took their departure together in one of the prettiest silvery twilights a *Lover’s Day* could wish to set in.”—CHARLES LAMB.



# PART III.

## TEA.

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## TEA.

“Now stir the fire, and close the shutters fast,  
Let fall the curtains, wheel the sofa round,  
And while the bubbling and loud hissing urn  
Throws up a steamy column, and the cups  
That cheer, but not inebriate, wait on each,  
So let us welcome peaceful evening in.”—COWPER.

WHEN the dinner is served at a late hour, as in fashionable life, TEA does not deserve the name of a meal, since it is seldom more than tea or coffee served in the parlor accompanied by cakes. This light refreshment was called in the fifteenth century the *voide*, of which we have an account in Henry VII.'s time. After the marriage dinner of Katharine of Arragon and Arthur, Prince of Wales, “the evening refreshment, called the *voide*, was brought in by fourscore earls, barons, and knights, walking two and two; the ceremony of serving the *voide* being precisely as coffee is now presented after dinner; but, instead of coffee and biscuits, ipocras and comfits were offered. One noble servitor presented the golden spice-plate, a second the cup, while a third of lower rank, filled the cup from a golden ewer.”

Out of merely fashionable life, however, *the tea* becomes of more importance; it is a most cheerful and social repast for the domestic circle, and one to which the unexpected guest most readily finds a cordial welcome. It is composed not merely of tea and cakes, but of bread and butter, of various relishes, and of fruits, either fresh or preserved. In our Northern States, it is a very general custom both in town and country, to invite company to tea;—this meal being preferred to dinner as involving less

effort, fatigue, and formality. The table is on these occasions more or less bountifully spread, according to the means and tastes of the hosts; conversation flows unrestrained by formality; a general cheerfulness seems to emanate from the steaming cups of tea, and the company generally separate at an early hour, with increased kindness and neighborly feeling.

In the rural districts, this meal partakes of the nature of a supper, both on ordinary and extraordinary occasions. When these latter occur, the greatest profusion abounds; plenty with them is the soul of hospitality, and it is desired that every guest shall taste of every dish. The description which Washington Irving gives of the Dutch country tea-table, although an exaggerated picture, is yet such a pleasant one, that we subjoin it for the amusement of our readers:

“Fain would I pause to dwell upon the world of charms that burst upon the enraptured gaze of Ichabod Crane, as he entered the state parlor of Van Tassel’s mansion. Not those of the bevy of buxom lasses, with their luxurious display of red and white; but the ample charms of a genuine Dutch country tea-table in the sumptuous time of autumn. Such heaped-up platters of cakes of various and almost indescribable kinds, known only to experienced Dutch housewives! There was the doughly dough-nut, the tenderer oly kock, and the crisp and crumbling cruller; sweet cakes and short cakes, ginger cakes and honey cakes, and the whole family of cakes. And then there were apple pies, and peach pies, and pumpkin pies; besides slices of ham and smoked beef; and moreover delectable dishes of preserved plums, and peaches, and pears, and quinces, not to mention broiled shad and roasted chickens; together with bowls of milk and cream, all mingled higgledy-piggledy, pretty much as I have enumerated them, with the motherly teapot, sending up its clouds of vapor from the midst. Heaven bless the mark!—I want breath and time to discuss this banquet as it deserves. Happily Ichabod was not in so

great a hurry as his historian, but did ample justice to every dainty."

At the evening "receptions" which are coming into favor in our society, the slight refreshment of tea and cakes, is very appropriate, and a promoter of ease and sociability. A small table is spread with tea or coffee, and cakes, which are offered to the guests by either the lady of the house or one of her family. No invitations are given to these receptions, but the general one, which the lady issues to her friends at the beginning of the season. The guests come when they choose, spend as much or as little time, and retire when they please without formality. Mrs. James Rush, of our own day, will long be remembered by those who accepted her hospitality, and enjoyed the numerous gatherings of this nature at her elegant mansion in Philadelphia.

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### TEA AS A BEVERAGE.

It is not known at what time tea was first used in the Chinese Empire. As early as 780 A. D. a duty was levied upon the tea, that grew spontaneously on the mountains. From 1028 to 1063, large factories were established, and the commerce became extensive.

It is now two hundred years since its introduction into England; previous to which, beer and ale were the customary drinks at table, for both men and women. In 1678, the East India Company commenced the regular importation of tea, as an article of commerce. At this early period it was a court luxury, and sold from twenty-five to forty-five dollars per pound. Even fifty years after, it was still a luxury confined to the wealthy, and used in small quantities, with cautious economy, out of cups containing about a table-spoonful.

It is about one hundred and forty years since tea came into

use in New England; and there, as elsewhere, it slowly grew into the favor of the richer part of the community.

Many anecdotes are related of the mistakes made by cooks and others in the first preparation of it. One gentleman had it served up as *greens* for his table; the water in which the leaves were boiled being thrown away.

The compact entered into by various towns on our sea-coast, during the difficulties with Great Britain, not to import tea on account of the tax laid upon it, prevented its coming into general use until some years after the Revolutionary war. During this struggle, "Liberty Tea" was adopted by some persons, as a substitute. It was made from the four-leaved *loose strife*. This plant was pulled up like flax; its stalks, stripped of their leaves, were boiled; the leaves were then put into an iron kettle, and the liquor of the stalks poured over them. After this process, the leaves were removed to platters, and placed in an oven to dry.

The varieties of black tea are Bohea, Congou, Campo, Souchong, Caper and Pekoe. The green teas are known as Imperial, Hyson, Twankay and Gunpowder.

Of the cheering effects of tea, unanimous testimony has been given in every country where it has been used.

As a Chinese ambassador to Thibet, was once making a preparation of tea in his tent, the natives of Thibet who were present, inquired about its qualities. "It is a drink," replied he, "which relieves thirst, and dissipates sorrow." Dr. Kane speaks of it as an unfailing resource, in his fatiguing journeys across the ice and snow of the Arctic regions. Tea was Dr. Johnson's favorite beverage. He said his "tea-kettle had no time to cool; that with tea he solaced the midnight hour, and with tea he welcomed the morning." One of Sydney Smith's recipes against melancholy, was always to keep "a tea-kettle simmering on the hob."

*The Preparation of Tea.*—Black tea is best when boiled fif-



teen or twenty minutes; green tea should not be boiled. It has the freshest taste when steeped in an earthen tea-pot which has been previously scalded, leaving it to stand by the fire ten or fifteen minutes. Turn only a small quantity of scalding water upon the tea while steeping, but fill the pot when ready to take to the table. It is well to follow the English rule when preparing tea for company—allow a spoonful of tea for each person, and “one for the pot.”

Mr. Brace, in his “Social Life in Germany,” mentions, that tea was passed, flavored with vanilla and rum!

“Do you know,” said I, “you would utterly shock any of our tea-drinkers, by such a mixture as that?”

“I know it is not English,” answered a lady, “but you will find it all through Germany. We think the tea will not awaken us at night, if we sprinkle in rum.”

“One evening, when Sydney Smith was drinking tea with Mrs. Austin, the servant entered the crowded room, with a boiling tea-kettle in his hand. It seemed doubtful, nay, impossible, he should make his way among the numerous groups,—but, on the first approach of the steaming kettle the crowd receded on all sides, Mr. Smith, among the rest, though carefully watching the progress of the lad to the table. ‘I declare,’ said he, addressing Mrs. Austin, ‘a man who wishes to make his way in life could do nothing better than go through the world with a boiling tea-kettle in his hand.’”—*Life of* REV. SYDNEY SMITH.

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### TEA BISCUITS AND CAKES.

*Soda Biscuits.*—To one quart of flour, add two tea-spoonsful of cream of tartar, one of soda, and a piece of butter the size of an egg. Sift the cream of tartar into the flour; rub the butter

thoroughly into the same; dissolve the soda in two-thirds of a pint of sweet milk, or warm water, and mix quickly; bake immediately in a hot oven.

*Extra Soda Biscuits.*—Another rule for soda biscuits is as follows: To one quart of flour add five tea-spoonsful of cream of tartar, two of soda, a little salt, and a piece of butter the size of an egg. Sift both cream of tartar and soda with the flour; rub the butter in well, and mix with sufficient sweet milk to make a soft dough. Roll it out and cut it into cakes about an inch thick; bake in a quick oven, and they will puff up to twice their original size.

*Strawberry Biscuit.*—Bake a soda biscuit after the first of the preceding rules, cutting it as large as a dining-plate; open it while hot, and butter each half well; spread strawberries upon the lower half, sprinkling them thickly with sugar; lay the upper half on, and butter the upper side: cover it with strawberries, finishing it nicely with white sugar, and eat it while warm.

*Patent Tea-Cakes.*—Sift two tea-spoonsful of cream of tartar and two table-spoonsful of white sugar into one quart of flour; beat two eggs, and add to them after it is melted a piece of butter the size of an egg; mix these ingredients together with one pint of milk, and just as you are ready to put the mixture into the pan, add one tea-spoonful of soda, dissolved in a little milk; bake in muffin-rings or in small tin pans. To be eaten while hot.

*Rye Drop Cakes.*—To one pint of sour milk or buttermilk, add three eggs; not quite a tea-spoonful of saleratus; a little salt and rye-meal sufficient to make a stiff batter. Bake in muffin-rings, or drop the batter with a spoon on tin pans in the shape of small cakes; twenty minutes will be sufficient for the baking.

*Rusk.*—Rub half a pound of sugar into three pounds of flour,

sift it, and add to it the following: half a pint of good yeast, six beaten eggs, and half a pint of sweet milk. Mix all together and knead the dough well. If it should not seem soft enough, add more milk; it should be softer than bread. Make it at evening, that it may stand long enough to become light. In the morning, if well risen, work six ounces of butter with it, cut it into small rolls, and bake.

*Eliza's Sponge Cake.*—To three cups of flour, add three of sugar, eight eggs, half a tea-spoonful of saleratus, and one table-spoonful of vinegar.

*Soda Sponge Cake.*—Take one cup of sugar, one of flour, one tea-spoonful of cream of tartar, half a tea-spoonful of soda, three eggs, salt, and flavoring. Dissolve the soda in three table-spoonful of milk. Mix the flour and cream of tartar together, then add the sugar, the beaten eggs, and flavoring; and last, the soda and milk.

*Kate's Sponge Cake.*—Take six eggs, with their weight in sugar, and the weight of four of them in flour. Beat the whites to a froth; stir the yolks with the sugar, and then putting them together, stir the whole ten minutes, gradually adding the flour. Flavor with vanilla, lemon, or nutmeg. Bake it in a quick oven, and do not move it while baking.

*Pound Cake.*—One quart of flour, one and a half pints of sugar, two cups of butter, half a cup of sour milk, half a tea-spoonful of saleratus, and eight eggs. Flavor with lemon or vanilla.

“A Pint is a Pound  
All the world round.”

*Rich Fruit Cake.*—One pound of flour, one of sugar, one of butter, two of raisins, one of dried currants, quarter of a pound of citron, eight eggs, one gill of molasses, grated nutmeg, and

other spice to your taste, and also one cup of brandy. Dissolve half a tea-spoonful of saleratus in half a cup of sweet milk, and stir it into the mixture before the fruit is added, which must be done the last thing before putting the cake in the oven.

“He that will not when he may,  
When he would, he shall have nay.”—*Sp. Proverb.*

*Silver Cake.*—Take the whites of eight eggs, two-thirds of a cup of butter, two cups of sugar, two of flour, a little more than half a cup of sweet milk, half a tea-spoonful of soda, and one tea-spoonful of cream of tartar.

“L’ami de table est variable.”

*Golden Cake.*—The yolks of eight eggs, half a cup of butter, one and a half cups of sugar, two of flour, a little more than half a cup of sweet milk, half a tea-spoonful of soda, and one tea-spoonful of cream of tartar.

“Tell me what thou eatest, and I will tell thee what thou art.”—*M. SAVARIN.*

*Federal Cake.*—One pound of sugar, one pound of raisins, half a pound of butter, one pound of flour, one cup of sour milk, one tea-spoonful of soda, one wine-glass of brandy, five eggs and a nutmeg. When sweet milk is used, two tea-spoonsful of cream of tartar must be added.

*Lemon Cake.*—One cup of butter, three cups of powdered sugar, four cups of flour, five eggs, one cup of sweet milk, one tea-spoonful of soda, and one grated lemon.

*Delicate Cake.*—One and a half cups of sugar, the same of flour, half a cup each of butter, milk, and corn-starch; the whites of six eggs, one tea-spoonful of cream of tartar, and half a tea spoonful of soda.

*Mountain Cake.*—One cup of butter, two of sugar, three of flour, one of milk, and six eggs; one tea-spoonful of cream of tartar mixed with the flour, and half a tea-spoonful of soda put in dry the last thing.

“With a full stomach it is easy to praise fasting.”

*Mrs. R's Cocoanut Cake.*—One cup of sugar, half a cup of butter, two-thirds of a cup of flour, the whites of eight eggs, one cocoanut grated, two spoonfuls of cream of tartar, and half a spoonful of soda. The cocoanut must be added last.

“Do not too much for your stomach, or it will abandon you,—for it is ungrateful.”—M. D. CURRY.

*Cup Cake.*—One cup of butter, two of sugar, three and a half of flour, four eggs, one cup of sweet milk; one tea-spoonful of cream of tartar sprinkled in dry, and half a spoonful of soda dissolved in milk. If it be more convenient to use sour, instead of sweet milk, then omit the cream of tartar.

*Jelly Cake.*—One and a half cups of sugar, two and a half of flour, half a cup of butter, one of milk, one egg, one spoonful of soda, and two of cream of tartar. Bake in thin cakes, and put them together, spreading currant jelly over the top of each while it is hot.

“A hungry eye sleeps not.”

*Cake without Eggs.*—One tumbler of butter, three of sour milk, three of sugar, one of raisins, six of flour, and two tea-spoonfuls of soda. Stir the butter and sugar well together, then add two tumblers of the milk, and to the third dissolve the soda. Flavor to your taste.

*Plain Cake.*—One pound of flour, one of sugar, a quarter of

a pound of butter, half a pint of milk, one tea-spoonful of saleratus, and two eggs.

*Nelly Cake.*—Four cups of flour, two of sugar, one of butter, one of cream, three eggs, a nutmeg, and half a tea-spoonful of saleratus.

*Raisin Cake.*—Two cups of butter, three of sugar, six and a half of flour, one of sour milk, one of brandy or rose water, one and a half pounds of raisins, one tea-spoonful of soda, five eggs, a nutmeg, and cloves. Stir the butter and sugar to a cream; add the eggs well-beaten; then the spice; next the milk and six cups of flour; then brandy. Sift the soda dry into the mixture, and last, add the raisins. Do not wash the raisins, but rub them with a dry cloth, stone and chop them, and mix with them half a cup of the flour. As soon as they are well stirred into the mixture, put the cake into the oven.

In Spain and Portugal it is the practice, in drying grapes for raisins, to cut the stalks of the bunches half through, when the grapes are nearly ripe. Being thus suspended by their stalks upon the vine, the sun candies them, and when dry they are packed in boxes.

*Washington Pound Cake.*—Wash the salt from one pound of butter, and rub it till it is as soft as cream; have ready one pound of sifted flour, one of powdered sugar, and twelve eggs well beaten. Put alternately into the butter the sugar, flour, and froth of the eggs, continuing to beat them together, till all the ingredients are in, and the cake quite light. Add grated lemon-peel, a nutmeg, and a gill of brandy.

This cake makes a nice pudding either boiled or baked in a large mould, served with a sauce of butter, sugar, and wine.

“Toil with pain, and you will eat with pleasure.”

*Almond Cake.*—One cup of butter, one and a half cups of powdered sugar, three cups of flour, half a cup of sour milk, half a tea-spoon of soda, one pound of almonds, and three eggs. Put the almond meats in a bowl of hot water, after which you can easily rub the skins off. Slice them and chop them a little. When the cake is ready to pour into the pan, lay smoothly upon the bottom of the tin some of the cake mixture. Sprinkle the almonds upon it, cover lightly with more cake, then almonds again, and so on until all is in, covering the top with the cake, as the almonds would dry and burn if on the outside.

The Creator, in obliging man to eat in order to live, invites him thereto by his appetite, and recompenses him for it by the pleasure.”—M. SAVARIN.

*Drop Cake.*—Five cups of flour, three of sugar, one of butter, one of cream, half a tea-spoonful of saleratus, and two eggs. Lay small muffin-rings on a baking-tin previously buttered, and drop your cake in each.

*Loaf Cake.*—Two pounds of flour, and one pound each of sugar, butter, and fruit; half a pint of yeast, one pint of milk, and three eggs.

*Tea Cake.*—Three cups of sugar, one of butter, one of milk, three eggs, and a little saleratus with flour to make it nearly as stiff as pound cake.

“No one can bake cakes for the whole world.”

*Ginger Cakes.*—Two pounds of flour, half a pound of butter, three-quarters of a pound of sugar, four eggs, a table-spoonful of ginger, and half a tea-spoonful of saleratus.

*Black Cake.*—One pound each of sugar, flour, and butter, two

pounds of raisins, two of Zante currants, and one of citron; ten eggs, two dozen pounded cloves, besides mace and cinnamon. Stir the butter to a cream, beat the yolks light, mix them with the butter, add the sugar, spice, juice of a lemon and the grated peel, a glass of rose water or brandy, and the beaten whites of the eggs. Sprinkle flour over the fruit and put it in the last of all the ingredients. A gill of molasses improves the cake.

Upon the walls of the ample but cheerless kitchen of Newstead Abbey, Lord Byron's residence, was painted in large letters, "WASTE NOT, WANT NOT."

*Sally Lunn.*—One quart of flour, one pint of sweet milk, two table-spoonsful of sugar, two eggs, one cup of butter, and a little salt. Sift into the flour two tea-spoonsful of cream of tartar; add the mixed butter, and sugar, and salt, and last one tea-spoonful of soda dissolved in the milk. Bake twenty minutes in a quick oven. Sally Lunn is baked either in cups, or in shallow baking-tins.

*Soda Cake.*—Beat together one egg and one tea-spoonful of sugar. Mix with these two and a half table-spoonsful of melted butter and one cup of sweet milk, in which dissolve a tea-spoonful of soda. Add one pint of flour measured and then sifted, two tea-spoonsful of cream of tartar, and extract of lemon to suit the taste. Bake quickly in a hot oven.

*Cream Cake.*—Three cups of sugar, three of thick sour cream, five eggs, two tea-spoonsful of soda, and two of salt. Add sufficient flour to make a batter, and flavor to the taste. Bake quickly in two three-pint basins, or in patty-pans.

*Siblett Cakes* were cakes of dough, sweetened and flavored with caraway seed, which were made in some parts of Great Brit-



ain and sent as presents after wheat sowing time, by farmers' wives, to their several friends and relatives.

*Mrs. Grundy's Society Cake.*—Take a quart of light sponge, work with it three cups of sugar, one of butter, and three eggs, beaten slightly. Add a little saleratus, and half a pound of stoned raisins. Flavor to your taste; stir in flour to give it consistence, and set it to rise in buttered tins. When light, bake in a slow oven.

*The Nutmeg* is the kernel of the fruit of the nutmeg tree. It has three coverings; the outer one, a fleshy pulp, gradually dries, and falling open discloses a scarlet membrane called Mace. After the fruit is plucked the outer covering is rejected, the mace is carefully removed, so as to break it as little as possible; it is then flattened and dried in the sun, and afterwards sprinkled with sea water to contribute to its preservation. The nuts are dried either in the sun or in ovens, and smoked until the kernel rattles in the shell. They are then broken open, the kernels taken out and steeped a short time in lime and water. After which they are packed for exportation. The small round nutmeg is preferred to the oval.

*Vanity Balls.*—Thicken the white of egg as stiff as possible with flour; roll the paste out very thin, cut out little cakes with a small canister top and bake quickly; they will puff up and form a pretty variety in making fancy dishes for a party. When eaten they appear to be nothing but air.

*Oxford Cookies (without eggs).*—Six cups of flour, two of sugar, one of butter, one of cream, and one teaspoonful of saleratus.

Rub the butter into the flour, then add the other ingredients. Roll very thin and bake in a slow oven.

*Kate's Cookies.*—Two cups of sugar, half a cup of butter, and one and a half cup of sweet milk, one teaspoonful of cream of tartar, half a teaspoonful of soda and two eggs. If you prefer to use sour milk omit the cream of tartar. Mix in sufficient flour to stiffen. Bake in a quick oven.

*Minute Cookies (without eggs.)*—One cup of sugar, half a cup of water, half a cup of butter, one pint of flour, and half a teaspoonful of saleratus or soda. Rub the sugar, butter, and flour together; then add the soda dissolved in water. Roll thin and bake in a quick oven.

*Ginger Nuts.*—Two pounds of flour, one of butter, half a pound of sugar, one pint of molasses, two ounces of ginger, one ounce of cinnamon, twelve dozen of allspice, and six dozen of cloves. Knead the dough a long time and roll it out thin. Cut it into very small cakes, and bake them in a moderately heated oven.

“Plenty makes dainty.”

*Tea Ginger Cakes.*—Two pounds of flour, half a pound of butter, three-quarters of a pound of sugar, four eggs, and as much ginger as suits your taste. Dissolve half a teaspoon of soda in a little milk or water, and put one spoonful of cream of tartar dry into the flour. Roll out the dough when pretty soft, cut your cakes, and bake as quickly as possible.

*Cocaigne* is the fairy land of cookery and gormandizing; the land where the viands are offered all cooked, and the birds fall all roasted.

*Molasses Cookies.*—One cup of molasses, half a cup each of sugar, butter, and sweet milk, and one table-spoonful of ginger.

Add a little salt, and dissolve half a teaspoonful of saleratus in the milk. Work these ingredients together, adding only flour sufficient to enable you to roll the dough out easily. Bake in a moderately heated oven.

*Julia's Cookies.*—One cup each of sugar, molasses, and sweet milk, two-thirds of a cup of butter, two eggs, one teaspoonful of cream of tartar, half a teaspoonful of soda and a little salt. Put the cream of tartar in dry.

“Hunger is worse than the plague.”

*Olecocks.*—To one pint of raised bread dough, add one cup of sugar, and half a cup of butter, with spice to your taste. Work these last well into the dough and set it to rise. When it becomes light, and while the lard for frying them in, is heating, roll out part of the dough, cut it into squares an inch and a half in size, lay two or three raisins in each, and close the dough over them to prevent any opening. Before frying, try the heat of the lard first with a small bit of dough; if it rises immediately to the surface, the lard is sufficiently hot; then drop in your balls.

*Jane's Krullers.*—Two cups of sugar, one of sour milk, four eggs, four table-spoons of melted butter, and one teaspoon of saleratus. Dissolve the last in the milk. After the dough is well mixed with sufficient flour to stiffen, let it stand an hour before frying. If you have no sour milk, put a little vinegar in a cup of sweet milk, stirring it constantly until it thickens. Then add the saleratus.

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## PRESERVES.

“ Good housewife provides, ere a sickness do come,  
Of sundry good things in her house to have some ;  
Conserves of barbary, quinces, and such  
With sirops, that easeth the sickly so much ;  
Good broth and good keeping do much now and then,  
Good diet with wisdom best comforteth man.”

THOMAS TUSSEK.

DIRECTIONS FOR THE USE OF AIR-TIGHT OR SELF-SEALING CANS IN  
PRESERVING FRUITS.

WE consider it one of the greatest improvements in cooking, that a way has been devised by which fruits may be kept for months, without requiring such large quantities of sugar, or such long boiling as was necessary after the old method. When fruits are properly prepared in the air-tight cans they retain in a great degree the flavor and aroma of fresh fruit, and are much less hurtful in the eating than the richer preserves.

The best cans in use are the “Self-sealing Cans,” prepared with a wide metallic neck and screw cover, or with a cup-like flange around the top, which is to be filled with cement or wax, and the edge of the cover set into it. Besides the screw-cover and India-rubber under it, it is always necessary and safest to melt bees-wax and put it upon every point where the air may possibly get in ; for perfect exclusion of air is essential to the preservation of the fruit. *Glass bottles* may be filled with fruit, and if you stop them with a cork dipped in melted bees-wax, and pour a coat of it over and around the top, it will effectually exclude the air. Common *earthen jars* have also been used with success in *preserving tomatoes*, and we doubt not would answer for other fruits. The glazing upon them should be perfect without and within, and they should have closely-fitting covers. The two-quart size is most convenient, and the higher and narrower the

jars, the better. Take the tomatoes when fully ripe, drop them a moment into hot water, to assist you in taking off the skin. Do not leave them in the water more than a minute; boil and salt them without adding any water, and when they are cooked as you would have them for immediate use, scald your jars, and put the tomatoes in, filling the jars evenly, and putting the covers on loosely. Then set the jars into kettles of *cold* water which should come up high around them. When the water has boiled long enough to set the fruit to boiling, lift the lid a moment to allow the air and steam to escape. If the jar does not seem quite full, add enough of the cooked fruit to make it so, and close quickly that no air may enter. Before pressing the cover down the last time wipe it clean and also the jar, and lay under it a round piece of cotton flannel or thick white cloth, a little larger than the lid. After this, take the jars out of the water, and pour melted bees-wax over the cover; press the flannel down into any places where the cover does not fit tightly, pouring wax over it until it is well closed. After the jars are wiped dry, cover any imperfect places in the glazing with wax. Where they are intended to be kept a year or two, it is a good plan to rub a cloth dipped in melted wax all over the sides and bottoms of the jars. Do this while the jars are warm. Thus prepared, they are perfectly air-tight.

These jars are excellent for the sour fruits;—even better than the metallic cans; but as they are not quite as convenient, the latter are to be preferred for the sweet fruits, as peaches, pears, berries, sweet cherries, etc.

*Strawberries.*—To one pound of fruit put a pound of white sugar; boil them five minutes; skim them and put them in your jars or cans; set the latter into jars of *cold* water and finish as in the preceding directions.

Isaac Walton says of strawberries, “Doubtless God could have made a better berry, but doubtless God never did.”

Dr. Johnson was very fond of strawberries and cream, also of gooseberries, and he says of these latter which were saved on a bush for him, that he was neither too proud nor too wise to gather them.

*Cherries.*—Stone the cherries, and to one pound of the fruit add a pound of sugar. Let them heat gradually, stirring the whole occasionally while the sugar is dissolving. Skim it, and take out the cherries as soon as they are well heated through; make the sirup as clear as possible by skimming; put all into the jars or cans, and finish according to directions previously given.

*Gooseberries and Grapes.*—These should be preserved *green* after the above rule for cherries.

*Raspberries and Blackberries.*—To one pound of fruit put half a pound of sugar, and then proceed as with cherries; put them up in air-tight jars or cans after the directions given.

*Peaches.*—The *Morris Whites* are the best for preserving. Drop the peaches in hot water for a few minutes, this will enable you to rub the skins off easily. Halve or slice them, take out the stones, weigh them; to one pound of fruit add half a pound of sugar, and cook them a little till the sugar is well dissolved and the fruit heated through. Skim it well; heat your jars and put the whole in; then set them into kettles of cold water which should come up high around them. Proceed then as in the preceding directions.

For preserving peaches *whole*,—rub the skins off, weigh them, and to every pound of fruit allow a pound of sugar. Dissolve the sugar in a little water, skim it clear; then put in the fruit to boil; take them out when soft, and strain the sirup through a

thin cloth that it may be perfectly clear. Boil the sirup until it is sufficiently thick, then mix all together, and put up the sweetmeats in jars, air-tight.

*Superior Pear Sweetmeats.*—Peel and weigh your pears; boil them slowly in water enough to cover them, having in the same some scraped ginger-root, which gives a fine flavor to the pear. When soft, take them out carefully upon a platter to drain; strain the liquor and add to it *a pound* of good white sugar for *every pound* of fruit; stir it well, beat the white of an egg, drop it in; skim until entirely clear, then add the pears, boil half an hour, take up the fruit, and put them in jars, turning the sirup over them. After two or three days, pour off the sirup, scald it again, and while warm pour it over them. If it then appear thick, close your jars, tightly sealing them to exclude the air, and put them away in a cool, dry place.

If you have ginger-sweetmeats, it is very nice to use two or three pieces of it, instead of the ginger-root, for flavoring the liquid. If the pears are large, it is best to halve them; if not, they look handsome whole.

“The fruit on the far side of the edge is the sweetest.”

*Preserved Quinces.*—Wipe the quinces clean; remove the decayed spots, and then pare them thin, saving the skins carefully; take out the cores, which put on with the skins to boil in considerable water. Let them boil until tender, so that by straining them you can retain all the mucilage. Strain them through a thick cloth; weigh your quinces, and put them on to boil in this mucilage, adding also water to cover them. They should boil until tender enough to be pricked with a straw, then take them out carefully on platters. Strain the liquor again, and wash the kettle that it may be free from all sediment.

Now put to this sirup a pound of good sugar for every pound

of fruit; set it over the fire to heat gradually, stirring it occasionally until the sugar is dissolved. Skim it until clear, then add the fruit, and let it boil some time until the sirup seems to have penetrated the fruit.

If the sirup seem thin, take out the fruit again, and let the former boil down until of proper consistency; then put the fruit back again that it all may be well mixed; put all in your jars, filling them full; lay a piece of white paper upon the surface, closely fitting the jar, and close the latter as tightly as possible.

*Currants.*—To two pounds of currants, put one pound of raisins and three of sugar. Cook them all together taking out the fruit soon; boil the sirup well, then add the fruit again, and take all up in jars. If you prefer lemons instead of raisins with the currants, add two or three sliced. Currants are good when prepared either with lemons or raisins.

“Pine-apple is great. She is indeed almost too transcendant—a delight, if not sinful, yet so like sinning, that really a tender-conscienced person would do well to pause—too ravishing for mortal taste, she woundeth and excoriateth the lips that approach her. Like lovers’ kisses, she biteth. She is a pleasure bordering on pain from the fierceness and insanity of her relish,—but she stoppeth at the palate—she meddleth not with the appetite, and the coarsest hunger might barter her consistently for a mutton chop.”

*Pine-apples preserved.*—In selecting the fruit, choose those of a yellowish color. Pare off the outer coverings, then with a sharp penknife cut out the “eyes,” as they are called. Slice them as evenly as possible, removing with your knife the hard



tough substance from the centre of each slice. Weigh your fruit, and then to each pound of fruit add one pound of sugar.

Before putting your sugar to the fruit, boil the pine-apples in a small quantity of water until the fruit is soft, then take it out and skim the liquid; add to it the sugar, let it dissolve, and when hot, skim it clear and add the fruit. They will not need to cook long after this. When cool, put it into jars; if the thickest of the sirup settle at the bottom of the jar, stir it up with a spoon.

*Preserved Citron or Watermelon.*—Cut the citron into such shapes as you like, peel it nicely and weigh it; then boil it in water sufficient to cover it, throwing a few peach leaves into the water to give a green look to the citron; also a little bit of alum to harden it. When the fruit is tender enough to prick easily, take it up, throw the water away, and to fresh water slice a lemon or two as you may fancy; boil this till tender, take it out, and add the sugar to the water, a pound for every pound of the fruit; make a sufficient quantity of sirup to cover the fruit, cook it well, and when clear add the fruit and lemons; let them get well penetrated with the sirup; take the fruit up in jars, boil the sirup until thick, then pour it over the fruit. A nice dish of citron may be made from the dried imported fruit. Boil it in a little water until it pricks tender; then take it out, and make a sirup of three-quarters or half a pound of sugar to a pound of the fruit, and pour it over it. To prepare citron for cake, preserve the citron according to the rules before mentioned, but instead of closing the jars, leave them open for the air to enter. The preserve will then dry gradually, and form a very excellent substitute for the West India citron, sold for this purpose.

*Preserved Pumpkin.*—To seven pounds of pumpkin take five of sugar, four lemons, and two ounces of green ginger-root. Cut the

pumpkin in slices half an inch in thickness, of any form you fancy,—a square, or a diamond shape does very well. Boil the pumpkins in the sirup until tender; then take up the pieces. Slice the lemon and ginger root very thin, and scald them in a little clear water, after which add them to the sirup. Boil the latter down until it is clear enough to keep without fermenting, and then add the pumpkins to it.

*Oranges preserved.*—Slice them and boil them in a little water until the skins prick easily. Take them out and add to the water one pound of white sugar to every pound of the oranges. Cook the sirup well, skimming it until clear; put the oranges in it again for a short time, then take the whole up in the jars, excluding the air according to the directions given at the head of this section.

*Plums.*—For preserving, take good large plums; pour boiling water over them to assist in removing the skins, but do not leave them in the water. For every pound of plums dissolve a pound of sugar in a little water; when skimmed clear add the plums; boil until done, take them out carefully that they may not break; boil the sirup some time, then put back the plums a few moments to mix all together; take the whole up in jars, sealing them air-tight.

*Stewed Prunes.*—Wash the prunes in tepid water several times changed; to one pound add one pint of water, and boil very gently until tender, which may require more than two hours. During the boiling, keep them carefully covered. Sugar to suit the taste should be added after they have boiled about half the above time.

*Baked Quinces.*—Baked quinces are nice when eaten warm;

remove the skins after they are cooked, slice them and serve with cream and sugar.

*Boiled Pears.*—Boil them whole, without peeling, until they are tender, adding to them, when half-done, sufficient sugar to sweeten to your taste. This dish, like the preceding, is nice eaten warm for dessert or at tea.

*Gooseberries or Currants bottled.*—Gather them when of full size, but still green; fill the bottles nearly full, and turn in clear, soft water; then place the bottles in a kettle of cold water over the fire. Keep them on a few moments after the water comes to the boil, then cork and seal them, and bury them in a cool cellar with their necks downward.

*Whence various Fruits were obtained.*—The citron came from Media, the pomegranate from Cyprus, the plum from Syria, the peach and walnut from Persia, the cherry and filbert from Pontus, the chestnut from Castana in Asia Minor, the quince from Sidon, the olive and fig from Greece, as are the best apples and pears, though also found wild in France and even in Great Britain. The apricot is from Armenia. It was first known in Europe in the sixteenth century; an old French writer remarks that it was “originally no larger than a damson; our gardeners have improved it to the perfection of its present richness and size.”

*Fruits in Henry Eighth's time.*—“Among the items in the privy-purse expenses of Henry VIII., in 1532, are mentioned rewards paid to sundry poor women for bringing the King presents of apples, pears, barberries, peaches, artichokes, filberts, and other fruits. His gardeners from Beaulieu, Greenwich, and Hampton, bring him grapes, oranges, cucumbers, melons, cherries, strawberries, pomegranates, citrons, plums, and lettuces; in short, al-

most every kind of luxury that could be supplied for the royal table in modern times."—MISS STRICKLAND.

"Bear me, Pomona! to thy *Citron* groves ;  
 To where the *Lemons* and the piercing *Lime*,  
 With the deep *Orange*, glowing through the green,  
 Their lighter glories blend. Lay me reclined  
 Beneath the spreading *Tamarind* that shakes,  
 Fann'd by the breeze, its fever cooling fruit.  
 \* \* \* \* \* Lead me thro' the maze  
 Embowering endless, of the Indian *Fig* ;  
 Oh, stretched amid these orchards of the sun,  
 Give me to drain the *Cocod's* milky bowl,  
 And from the *Palm* to draw its fresh'ning wine!  
 \* \* \* \* \* Nor, on its slender twigs,  
 Low bending, be the full *Pomegranate* scorned ;  
 Nor, creeping thro' the woods, the gelid race  
 Of *berries*. Oft in humble station dwells  
 Unboastful worth, above fastidious pomp.  
 Witness, thou best *Anana*, thou the pride  
 Of vegetable life, beyond whate'er  
 The Poets imaged in the golden age.  
 Quick let me strip thee of thy tufty coat,  
 Spread thy ambrosial stores, and feast with Jove."—THOMSON.

### SUPPERS AND FETES.

THE word Supper has various significations. It applies to the third meal of the Saxons and Normans in Old England, taken at five o'clock, which resembled the dinner both in quality and abundance ; only, if it were possible, exceeding it in the latter particular. It applies also to the evening meal of the laboring classes of that and other countries,—which consists of hot meats and vegetables, and is eaten at sunset or just at evening, when the day's labors are over. Among the rural entertainments for this class which were formerly so general in Britain, were the *harvest-*

*supper*, the *mel-supper*, and the churn or *kern-supper*. These were very cheerful occasions, serving to enliven the toil of the laborers, and stimulate them to further exertion. *Mel* signified meal; it was also the name of the instrument by which the corn was reduced to meal in a mortar. The churn-supper was provided when all was *shorn*, but the *mel* when all was *got in*. At the churn supper a great quantity of cream was produced in a churn, and circulated in dishes to each of the rustic company, who ate it with bread.

Another view of supper belongs to that state of society where the dinner is taken after the close of the day. Here the supper is provided at a late hour in the evening, sometimes towards midnight, and consists either of cold roast meats,—game hot or cold, or oysters,—salads, sandwiches, biscuits, etc., with various beverages. To this class belong the “soupers” which the French delight in, and which they render so attractive, not by the profusion of the table, but by their vivacity and conversational abilities. Of Madame Geoffrin’s “petit soupers” of the last century, Marmontel says: “There were no luxuries; a fowl, spinach, and pancakes, constituting the usual fare. The society was not numerous; there met together only five or six of her particular friends who were suited to each other, and therefore enjoyed themselves.”

The third form of supper is the entertainment given at evening parties, balls, etc., at which a greater display is allowable than at any other. Confectionery in most elegant forms and devices is exhibited, and contributes, with fruits and flowers, to captivate the eye and delight the other senses.

It is not our intention to treat of supper in detail, since all the dishes which belong to it in either of the acceptations above considered, have been already described in this work. We subjoin, however, some anecdotes connected with it and a few fêtes for the amusement of our readers; for their instruction, we will remind them of the advice which Don Quixote gave Sancho Panza:

“Eat little at dinner and *less at supper*, for the health of the whole body is tempered in the laboratory of the stomach.”

*Trial of Feasting.*—“What rare sporte we had,’ sayth father, ‘one Christmas, with a mummery we called the “Triall of Feasting.” Dinner and supper were brought up before my Lord Chief Justice, charg’d with murder. Their accomplices were Plum-pudding, Mince-pye, Surfeit, Drunkenness, and such like. Being condemned to hang by y<sup>e</sup> neck, I, who was Supper, stufte out with I cannot tell you how manie pillows, began to call lustilie for a confessor; and on his stepping forthe, commenct a list of all y<sup>e</sup> fitts, convulsions, spasms, payns in y<sup>e</sup> head and so forthe, I had inflicted on this one and t’other. ‘Alas, good father,’ says I, ‘King John lay’d his death at my door; indeed, there’s scarce a royall or noble house that hath not a charge against me; and I’m sorilie afraid (giving a poke at a fat priest that sate at my lord cardinal’s elbow) I shall have the death of *that* holy man to answer for.’

“Erasmus laughed and sayd, ‘A monk hearing Willibald Pirkheimer praise me somewhat lavishly to another, could not avoid expressing by his looks his dissatisfaction; and on being askt whence they arose, confest he c<sup>d</sup> not with patience hear y<sup>e</sup> commendation of a man so notoriously fond of eating fowls. “Well, then,” quoth Willibald, “tell me, now, dear father, is it then a sin to eat fowls?” “Most assuredly it is,” says the monk, “if you indulge in them to gluttony.” “Ah, if, if!” quoth Pirkheimer. ‘If stands stiff,’ as the Lacedemonians told Philip of Macedon, and ’tis not by eating bread alone, my dear father, you have acquired that huge paunch of yours. I fancy if all the fat fowls that have gone into it, coulde raise their voices and cackle at once, they would make noise enow to drown y<sup>e</sup> drums and trumpets of an army.” Well may Luther say,’ continued Erasmus, laughing, ‘that their fasting is easier to them than our eating to

us ; seeing that every man Jack of them hath to his evening meal two quarts of beer, a quart of wine, and as manie as he can eat of spice cakes, the better to relish his drink.'”—*Household of SIR THOMAS MORE.*

## SUPPERS OF ALEXANDER THE GREAT.

It was not till late in the evening, and when night was come on, that he took his meal, and then he eat in a recumbent posture. He was very attentive to his guests at table, that they might be served equally, and none neglected. His entertainments lasted many hours ; but lengthened out by conversation rather than drinking, every cup introducing some long discourse. His conversation in many respects was more agreeable than that of most princes, for he was not deficient in the graces of society.

He had so little regard for delicacies, that when the choicest fruit and fish were brought him from distant countries and seas, he would send some to each of his friends, and he very often left none for himself. Yet there was always a magnificence at his table, and the expense rose with his fortune, till it came to ten thousand drachmas for one entertainment. There it stood ; and he did not suffer those that invited him to exceed that sum.

Julius Cæsar was very indifferent with respect to diet. Happening to sup with Valerius Leo, a friend of his, at Milan, there was sweet ointment poured upon the asparagus, instead of oil. Cæsar ate of it freely, notwithstanding, and afterwards rebuked his friends for expressing their dislike of it. “It was enough,” said he, “to forbear eating, if it was disagreeable to you ; he who finds fault with any rusticity, is himself a rustic.”

## RIVAL FEASTS OF ANTONY AND CLEOPATRA.

“Cleopatra was no sooner landed than Antony sent to compliment and invite her to supper. But she answered his depu-

ties, that she should be very glad to regale him herself, and that she would expect him in the tents she had caused to be got ready upon the banks of the river. He made no difficulty to go thither and found the preparations of a magnificence not to be expressed. The lights were disposed with abundance of art, and the brilliancy was such that they made midnight seem bright day.

“Antony invited her in turn for the next day. But in spite of his utmost endeavors to exceed her in this entertainment, he confessed himself overcome, as well in the splendor, as disposition of the feast; and was the first to rally the parsimony and plainness of his own, in comparison with the sumptuousness and elegance of Cleopatra’s.

“Great feasts were made every day. Some new banquet still outdid that which preceded it, and she seemed to study to excel herself. Antony, at a feast to which she had invited him, was astonished at seeing the riches displayed on all sides, and especially at the great number of gold cups enriched with jewels, and wrought by the most excellent workmen. She told him with a disdainful air, that those were but trifles, and made him a present of them. The next day the banquet was still more superb. Antony, according to custom, had brought a good number of guests along with him, all officers of rank and distinction. She gave them all the vessels and plate of gold and silver used at the entertainment.”

In this absurd manner was the strife kept up, until Cleopatra declared she “could spend *a million* on herself;” upon which she dissolved, and drank off a pearl, worth nearly that money!

#### SUPPERS OF THE COUNT OF FOIX IN 1350.

“At midnight, when the Count of Foix came out of his chamber into the hall to supper, he had ever before him twelve torches burning, borne by twelve valets standing before his table all supper. They gave a great light, and the hall was ever full of



knights and squires, and many other tables were dressed to sup who would. There was none should speak to him at his table but if he were called. His meat was lightly—wild fowl, the legs and wings only, and in the day he did eat and drink but little. He had great pleasure in harmony of instruments; he would have songs sung before him. He would gladly see conceits and fantasies at his table, and when he had seen it, then he would send it to the other tables bravely; all this I considered and advised.

“Gaston, his son, was used to set down all his service and ‘to make the essay;’ that is, to taste the dishes, to prevent the poisoning of the Prince.”—FROISSART.

The most luxurious gourmand of the reign of James the First of England, was the Earl of Carlisle, (Sir James Hay.) He gave a banquet to the French ambassador, when fish of such huge size were served up, that he was obliged to have dishes made expressly for them.

The Earl obtained notoriety as the “introducer of *ante-suppers* ;” that is, at the first entrance of the guests, the board was covered with dishes as high as a tall man could reach, filled with the choicest viands, *cold*; when the company were seated, these dishes were removed to make way for equally numerous and corresponding service of *hot* meats

#### ENTERTAINMENTS IN THE TIME OF CHARLES THE FIRST.

“There was a costly magnificence in the fêtes at York House, the residence of the Duke of Buckingham, of which few are aware; they eclipsed the splendor of the French court; for Basompierre, in one of his despatches, declares he had never witnessed similar magnificence. He describes the vaulted apartments, the ballets at supper which were proceeding between the services, with various representations and theatrical changes, the order of the tables, and the music.”

“The following extract from a manuscript letter of the time, conveys a lively account of one of these fêtes :

“‘Last Sunday, at night, the Duke’s grace entertained their majesties and the French ambassador at York House, with great feasting and show, where all things came down in clouds; amongst which, one rare device was a representation of the French King and the two Queens, with their chiefest attendants, and so to the life, that the Queen’s majesty could name them.

“‘It was four o’clock in the morning before they parted, and then the King and Queen and others lodged there.

“‘Some estimatè this entertainment at four or five thousand pounds.’ At another time ‘the King and Queen were entertained at supper at Gerbier, the Duke’s painter’s house, which could not stand him in less than a thousand pounds.’

“The literary Duchess of Newcastle mentions that an entertainment of this sort, which the Duke gave to Charles the First, cost her lord between four and five thousand pounds.

“Such were the magnificent entertainments, which though modern refinement may affect to despise them, modern splendor never reached, even in thought.”—D’ISRAELI.

A MAY DAY COLLATION GIVEN BY AN ENGLISH AMBASSADOR IN  
CROMWELL’S TIME TO CHRISTINA, QUEEN OF SWEDEN.

“This being May-Day, Whitelocke, according to the invitation he had made to the Queen, put her in mind of it, that as she was his mistress, and this May-day, he was by the custom of England to wait upon her to take the air, and to treat her with some little collation, as her servant.

“The Queen said the weather was very cold, yet she was very willing to bear him company after the English mode. With the Queen were Woolfeldt, Tott, and five of her ladies. Whitelocke

brought them to his collation which he had commanded his servants to prepare in the best manner they could, and altogether after the English fashion.

“At the table with the Queen sat La Belle Comtesse, the Countesse Gabriel Oxenstierne, Woolfeldt, Tott, and Whitelocke; the other ladies sat in another room. Their meat was such fowl as could be gotten, dressed after the English fashion, and with English sauces, creams, puddings, custards, tarts, tanseys, English apples, bon chrétien pears, cheese, butter, neat’s tongue, potted venison, and sweetmeats, brought out from England, as his sack and claret also was; his beer was also brewed, and his bread made by his own servants in his own house, after the English manner; the Queen seemed highly pleased with this treatment; some of her company said, she did eat and drink more at it than she used to do in three or four days at her own table.

“The entertainment was as full and noble as the place would afford, and as Whitelocke could make it; and so well ordered and contrived, that the Queen said she had never seen any like it; she was pleased so far to play the good housewife as to inquire how the butter could be so fresh and sweet and yet brought out of England. Whitelocke, from his cooks, satisfied her majesty’s inquiry, that they put the salt butter into milk, where it lay all night, and the next day would eat fresh and sweet as this did, and as any butter new made; and commended her majesty’s good housewifery, who to express her contentment to this collation, was full of pleasantness and gayety of spirits, both in supper time and afterwards; among other frolics she commanded Whitelocke to teach her ladies the English salutation, which after some pretty defences, their lips obeyed, and Whitelocke most readily. She highly commended Whitelocke’s music of the trumpets, which sounded all supper time, and her discourse was all of mirth and drollery, wherein Whitelocke endeavored to answer her, and the rest of the company did their parts.

“It was late before she returned to the castle, whither Whitelocke waited on her, and she discoursed a little with him about his business and the time of his audience, and gave him many thanks for his noble treatment of her and her company.

“Two days after this entertainment, Mons. Woolfeldt being invited by Whitelocke, told him that the Queen was extremely pleased with his entertainment of her. Whitelocke excused the meanness of it for her majesty; Woolfeldt replied, that both the Queen and all her company esteemed it as the handsomest and noblest that they ever saw; and the Queen after that would drink no other wine but Whitelocke’s, and kindly accepted the neat’s tongues, potted venison, and other cakes, which upon her commendation of them, Whitelocke sent unto her majesty.”—*Gentleman’s Mag.*, 1822.

#### DEAN SWIFT’S RECKONING WITH HIS GUESTS.

“One evening,” relates Pope, “Gay and I went to see him; you know how intimately we were all acquainted. On our coming in, ‘Heyday, gentlemen,’ says the doctor, ‘what’s the meaning of this visit? How came you to leave the great lords that you are so fond of, to come hither to see a poor dean?’ ‘Because we would rather see you than any of them!’ ‘Ay; any one that did not know you so well as I do might believe you. But since you are come I must get some supper for you, I suppose.’ ‘No, doctor, we have supped already.’ ‘Supped already; that’s impossible! why ’tis not eight o’clock yet. That’s very strange; but if you had not supped I must have got something for you.—Let me see; what should I have had? A couple of lobsters; ay, that would have done very well—two shillings; tarts, a shilling; but you will drink a glass of wine with me, though you supped so much before your usual time only to spare my pocket?’ ‘No, we would rather talk with you than drink with you.’ ‘But if you

had supped with me, as in all reason you ought to have done, you must then have drank with me. A bottle of wine, two shillings; two and two are four, and one are five; just two and sixpence a piece. There, Pope, there's half a crown for you; and there's another for you, sir; for I won't save any thing by you, I am determined.' This was all said and done with his usual seriousness on such occasions; and in spite of every thing we could say to the contrary, he actually obliged us to take the money."

#### A FÊTE GIVEN BY THE PRINCE REGENT AT CARLETON PALACE.

An evening party or fête, given by the Prince Regent at Carleton Palace, in 1811, will be within the recollection of many of our readers; nothing so gorgeous had then been heard of.

The tables were so arranged, branching off from a centre in various temporary erections, that at supper the Prince could see all his company, whilst they in return had a view of their royal and magnificent host. His own table, accommodated one hundred and twenty-two persons, out of the two thousand who received cards of invitation.

The great novelty in this gorgeous entertainment, was a purling stream of pure water running down the centre of the supper-table which flowed from a silver fountain at the head, and fell in a cascade at the outlet. The mimic banks were adorned with moss and flowers, and small gold and silver fish were seen glistening here and there in the stream, which was crossed at intervals with little fantastic bridges.

#### A PARISIAN SURPRISE—BANQUET TO LA FAYETTE.

"Just before La Fayette's death, he was invited in company with the American ambassador, and several other Americans, to the house of that distinguished Frenchman, Marbois, who was the French secretary of Legation here during the revolution.

At the supper hour the company were shown into a room which contrasted quite oddly with the Parisian elegance of the other apartments where they had spent the evening. A low boarded, painted ceiling, with large beams, a single small, uncurtained window, with numerous small doors, as well as the general style of the whole, gave, at first, the idea of the kitchen, or largest room of a Dutch or Belgian farm-house. On a long rough table was a repast, just as little in keeping with the refined kitchens of Paris as the room was with its architecture. It consisted of a large dish of meat, meouth-looking pastry, and wine in decanters and bottles, accompanied by glasses and silver mugs, such as indicated other habits and tastes than those of modern Paris. 'Do you know where we now are?' said the host to La Fayette and his companions. They paused for a few minutes in surprise. They had seen something like this before, but when and where? 'Ah, the seven doors and one window,' said La Fayette, 'and the silver camp-goblets, such as the marshals of France used in my youth! We are at Washington's head-quarters on the Hudson fifty years ago!'—*Account given by one of the Guests, related by G. C. VERPLANCK.*

#### SYDNEY SMITH'S SUPPERS.

"The pleasantest society at his house was to be found in the little *suppers* which he established once a week; giving a general invitation to about twenty or thirty persons, who used to come as they pleased. At these suppers, there was no attempt at display, nothing to tempt the palate; but they were most eagerly sought after; there was no restraint but that of good taste, no formality, a happy mixture of men and women,—the foolish and the wise, the grave and the gay."

#### EVENING MEAL OF CEDRIC THE SAXON.

"In a hall the height of which was greatly disproportioned

to its extreme length and width, a long oaken table, formed of planks rough-hewn from the forest, and which had scarcely received any polish, stood ready prepared for the evening meal of *Cedric the Saxon*. The roof composed of beams and rafters, had nothing to divide the apartment from the sky excepting the planking and thatch; there was a huge fireplace at either end of the hall, but as the chimneys were constructed in a very clumsy manner, at least as much of the smoke found its way into the apartment, as escaped by the proper vent. The floor was composed of earth mixed with lime, trodden into a hard substance. For about one quarter of the length of the apartment, the floor was raised by a step, and this space, called a *dais*, was occupied only by the principal members of the family and visitors of distinction. For this purpose, a table richly covered with *scarlet cloth* was placed transversely across the platform, from the middle of which, ran the longer and lower board, at which the domestics and inferior persons fed, down towards the bottom of the hall. The whole resembled the form of the letter T.

“Massive chairs and settees of carved oak were placed upon the dais, and over these seats and the more elevated table was fastened a *canopy* of cloth, which served in some degree to protect the dignitaries who occupied that distinguished station from the weather, and especially from the rain. The walls of this upper end of the hall, as far as the dais extended, were covered with hangings or curtains, and upon the floor there was a carpet of rather gaudy coloring. Over the lower range of table the roof had no covering; the rough plastered walls were left bare, and the rude earthen floor was uncarpeted; the board was not covered with a cloth, and rude massive benches supplied the place of chairs.

“In the centre of the upper table were placed two chairs more elevated than the rest, for the master and mistress of the family, who presided over the scene of hospitality, and from doing

so derived their Saxon title of honor, which signifies ‘the dividers of Bread.’

“One of these seats was at present occupied by Cedric the Saxon. Two or three servants of a superior order, stood behind their master upon the dais, the rest occupied the lower part of the hall. Other attendants there were of a different description ; two or three large and shaggy greyhounds ; as many slow hounds, and one or two smaller dogs.

“The Saxon thane was impatient for the presence of his favorite clown, whose jests, such as they were, served as a sort of seasoning to his evening meal, and to the deep draughts of ale and wine with which he was in the habit of accompanying it. Added to this, Cedric had fasted since noon—a cause of irritation common to country squires both in ancient and modern times.

“‘Oswald, broach the wine cask ; place the best mead, the mightiest ale, the richest Morat, the most sparkling cider, the most odoriferous pigments upon the board ; fill the largest *horns* !’

“Strangers arrive and are seated at the table. *Swine’s flesh*, dressed in several modes appeared on the lower part of the board ; as also that of *fowls*, *deer*, *goats*, and *hares*, and various kinds of *fish*, together with huge loaves and cakes of *bread*, and sundry confections made of *fruits* and *honey*. The smaller sorts of wild *fowl*, of which there was abundance, were *not served in platters*, but brought in upon small wooden spits, and offered by the domestics, who bore them to each guest in succession, who cut from them such a portion as he pleased. Beside each person of rank was placed a goblet of silver ; the lower board was accommodated with large drinking horns.’—

“Wamba had taken his appropriated seat upon a chair, the back of which was decorated with two *ass’s ears*, and which was placed about two steps behind that of his master, who from time to time supplied him with victuals from his own trencher. Here he sat



with his eyes half shut, yet watching with alertness every opportunity to exercise his licensed foolery.”—WALTER SCOTT.

#### THE FEAST OF THE BERMICIDE.

“Who can cloy the hungry edge of appetite  
By bare imagination of a feast.”—SHAKSPEARE.

“My youngest brother, Shacabac, was so poor, that he was reduced to beg; but having some humor, he contrived to fare tolerably well. One evening he applied for alms at the palace of a Bermicide, when the porter said to him, ‘Go in, and find out our master; he will not send you away dissatisfied.’

“Thus encouraged, my brother entered the palace, and strolled from room to room, till he came into a hall, adorned with paintings of gold, azure foliage, and splendidly furnished. At the upper end of this room he saw a venerable man with a long, white beard, whose appearance carried with it an air of dignity. My brother concluded, as was the truth, that it was the master of the house: he saluted him, therefore, with the greatest respect. The Bermicide received him kindly, and asked him what he wanted. Shacabac, in an humble manner, related his necessities, and besought relief; concluding his sad tale, by declaring that he had not eaten any thing the whole day.

“The Bermicide, when my brother ended, put his hands to his garments, as if he would have rent his clothes. ‘Is it possible,’ said he, ‘that such a man as you can be as poor as you say? this must not be; but come, as you have not eaten to-day, you must be ready to die with hunger; ho, boy! bring in the water to wash our hands, and order supper immediately.’ Shacabac was confounded at this gracious reception, and was about to express his gratitude, when the Bermicide began to rub his hands, as though some one poured water on them, and invited my brother to come and wash with him. No boy appeared; nor was there either basin or water; yet my brother thought he ought not, in

complaisance, to contradict his host ; he came forward, therefore, and did as he did.

“ ‘Come,’ said the Bermicide, ‘let us now have supper ;’ and though nothing was brought, he pretended to cut, as if a dish of meat was before him, and began to chew, saying to my brother, ‘Eat friend, eat heartily ; you said you were hungry, but you proceed as if you had no appetite.’ Shacabac gave readily in to the joke and imitating the Bermicide, ‘You see, my lord, I lose no time.’ ‘Boy,’ said the old gentleman, ‘bring us another dish ; ‘come, my good friend, taste of this mutton and barley-broth ; unless you prefer part of that goose with sweet sauce, vinegar, honey, raisins, grey peas, and dry figs ; eat, however, sparingly of it, as we have a variety of good things to come.’ Shacabac, fainting with hunger, pretended to feast heartily on these invisible dainties. The Bermicide continued to call for other dishes, and boasted much of a lamb fed with pistachio nuts, ‘a dish,’ said he, ‘you will find at no table but mine ; let me help you to some, and judge if I have not reason to praise it.’ My brother made as if he received the lamb, and eat it with great pleasure. ‘Nothing can be more delicious,’ said he ; ‘your table, my lord, abounds with good things.’ ‘Eat heartily, then,’ said the Bermicide ; ‘you cannot oblige me more !’ ‘You see, my lord,’ replied my brother, ‘how I testify my approbation.’

“ An imaginary dessert succeeded. The Bermicide did not fail to recommend the several fruits and confections. Shacabac extolled them yet more ; till, tired of moving his jaws, and having nothing to eat, he declared he could eat no more.

“ ‘Let us drink, then,’ said the Bermicide, ‘bring some wine.’ ‘Excuse me, my lord, I will drink no wine, because it is forbidden.’ ‘You are too scrupulous,’ replied the host, ‘you must not refuse to keep me company.’ ‘I cannot refuse your lordship,’ replied my brother, ‘but must entreat you not to urge the glass, for I am not accustomed to wine, and fear lest it should betray

me into any thing like disrespect to you.' 'Wine here,' called out the Bermicide; then holding out his hand, as if to receive the bottle, he turned to my brother, and seemed to fill him a glass, and himself another. Shacabac made as if he took up the glass, and bowing very low, he drank the health of his host. The Bermicide continued to supply his guest with imaginary bumpers, till at length, my brother (weary of the joke, and beginning to get a little out of humor) affected to be drunk, got up from his seat, and gave the Bermicide so hearty a box on the ear, that he knocked him down. He was about to repeat the blow, but the old gentleman calling out, he pretended to come to himself. 'You have been so good, my lord,' said he, 'to admit your slave to your table, and to give him a noble treat; but you should not have tempted him with wine; as I told you, I feared it would cause me to misbehave, which I am exceedingly sorry it has done.'

"The Bermicide, instead of being in a rage, laughed heartily. 'I have long wished,' said he, 'for a man of your character; but come, we will now sup in good earnest.' Saying this, he clapped his hands, and the servants appearing, he ordered supper, and the several dishes they had tasted of in fancy, were really set before them. The old gentleman, finding my brother a man of good understanding, as well as of much pleasantry, retained him in his service. For twenty years Shacabac lived happy in his protection."—*Arabian Nights' Entertainments.*

To those of our readers who have taken with us a friendly Breakfast, or sat down with our circle of guests to Dinner, or gathered around the social Tea, we have a few words to say in parting. We have brought together for your entertainment, the products of the East and West, the North and South; and have prepared and set them before you, hoping that you would partake of them with the same spirit of love and courtesy with which we

have offered them. We have provided not only for the gratification of the palate, but of the imagination and the memory, by recalling the associations which the various dishes convey, of foreign climes and people, of past races, and of the illustrious dead. In a work so miscellaneous, and arranged for many different tastes, it would be hardly possible that any one should be pleased with the whole, but if it contain something to suit each reader, the end will be answered. In the language of a distinguished American writer:—"Few guests sit down to a varied table with an equal appetite for every dish. One has an elegant horror of a roasted pig; another holds a curry or a devil in utter abomination; a third cannot tolerate the ancient flavor of venison and wild fowl; and a fourth, of truly masculine stomach, looks with sovereign contempt on those knickknacks, here and there dished up for the ladies. Thus each article is condemned in its turn; and yet, amidst this variety of appetites, seldom does a dish go away from the table without being tasted and relished by some one or other of the guests." We shall be gratified if it shall have been our good fortune to have produced such a result; and more than gratified if we have amused one solitary hour, aided one house-keeper in her arduous labors, or given *dignity* and *honor* to the numerous offices which devolve upon the mistress of a household.

The pleasures, the pursuits, and the pride of men, are short-lived and fleeting; and we might indulge a momentary sadness on the vanity of all things earthly,—but we will not imitate, even in fancy, the strange conceit of that ancient people, the Egyptians, who at the close of their feasts, passed a skeleton round the table to admonish and improve the guests.

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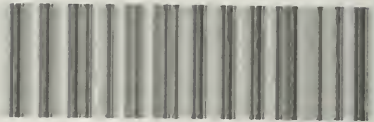






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